

FREE OBSERVATIONS
ON THE
SCURVY, GOUT, DIET,
AND
REMEDY, &c.

[*Price 2s. 6d.*]

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FREE OBSERVATIONS
ON THE
SCURVY, GOUT, DIET,
AND
REMEDY:

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AIR, EXERCISE, THE BATH, AND OTHER ME-
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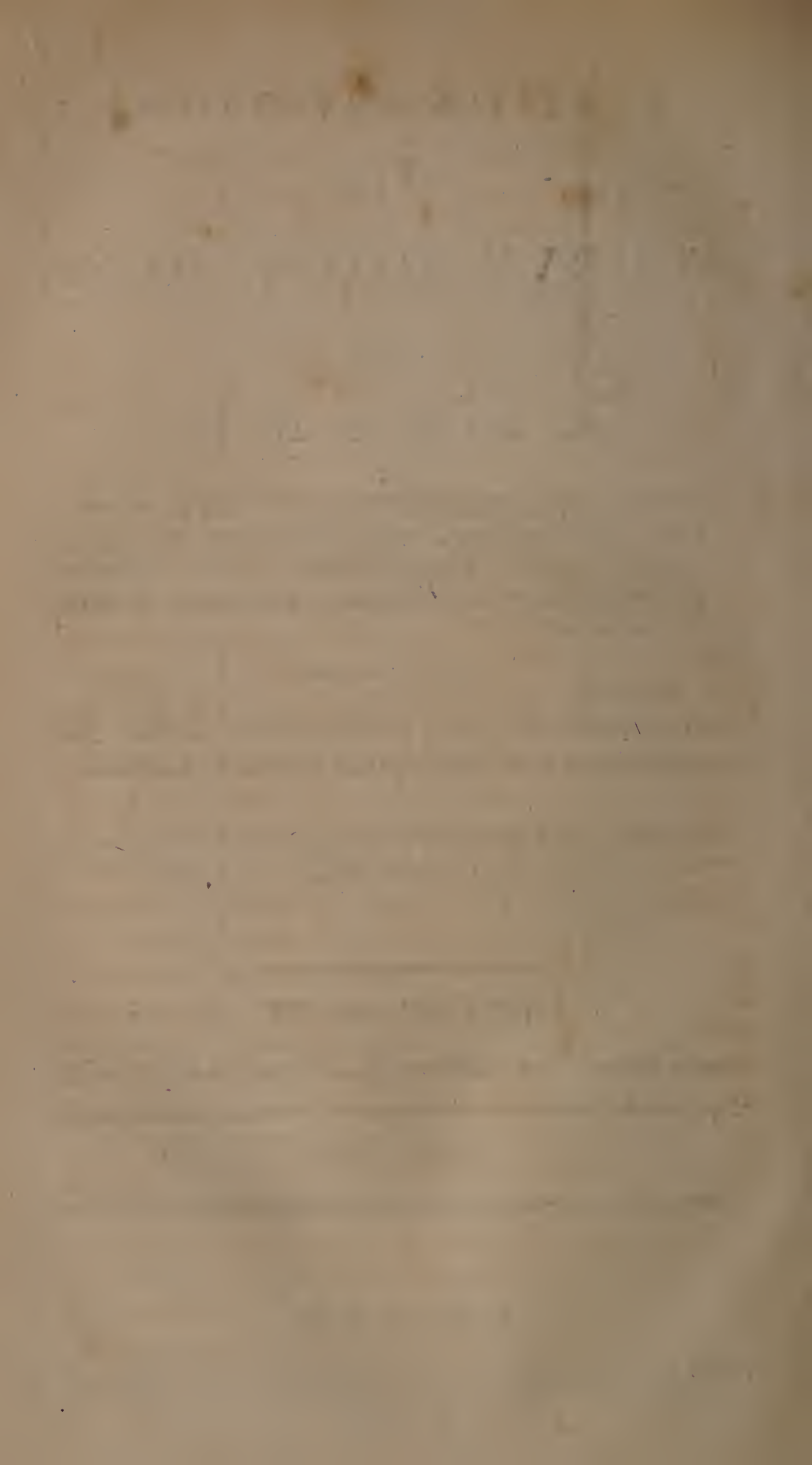
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OBSERVATIONS

ON THE

S C U R V Y.

HOW little concern does the sound of any given appellation, which implies danger, create in us, when viewed at a distance! Such is the effect on persons who are unacquainted with the various extensive powers of the SCURVY in tormenting the human species; whilst those who have been conversant with individuals labouring under this evil, the repetition of the word recalls the bitter disquietudes occasioned by this relentless harpy. It is a disease not so painful or destructive as some other maladies, which are entered in the black scroll of our weekly bills of mortality, but in other points more vexatious. Its characteristic consists in irritating, and exposing blemishes, perhaps, not in the power of the sufferer either to conceal or remedy; so that peace is ever on the aspen wing to make way for despondency, whose interest is increased, by the records of the little success attending the indefatigable applications of the ancient physicians; nor can the modern ones, by their prescriptions, claim a confidence we have a right to expect;—so difficult of cure are eruptions, apparently no deeper than the skin! Formerly, these mysterious ills were con-

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sidered as punishments inflicted on heinous aggressors, suffering under the immediate sentence of an offended Deity. Whatever justifiable reasons we have in assenting to the testimony of the Mosaic account of those awful events at that period of time, we have now the comfort to think otherwise, and to behold these flaws in a physical view, springing up from natural or accidental causes, which are to be palliated, in many wonderful instances eradicated. Perhaps a greater number of cures would grace our triumph, did not our own inconsiderateness throw stumbling-blocks in the way, raised by envy, supported by prejudice, owing to the antipathy man has, of seeing, or hearing, a fellow being superior to him, in any action that is commendable; which is one reason why we are so lavish in praise of the dead, who are no longer able to eclipse us in our pursuits, nor shade us from the pinnacle of vanity, on which we wish to erect our standard.

There are other introductory remarks frequently made, relative to scorbutic disorders; one in particular, that every person has the seeds of this complaint in their blood; therefore, at one time or other, they are to expect to feel the lash of this tormentor; an adage, which I wish was obliterated from our imagination, because daily experience will convince us, many go through life without the least symptoms worthy of being called so; and it is making us live in constant dread, similar to that produced by the small-pox. The only reason I can give for the observation being first made, is, as if by such consideration, it would soften the rigour of the disease, or at least, prevent others from exulting, that in the present moment they are exempt: therefore, this expression can mean no more, than
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what has been told a *thousand times*, and experienced by millions of the human race, that we are subject to infirmities and death, from which no mode of living, however cautious or *temperate*, will afford a security against these casualties, or rather fatal lot, which neither excepts the prince who inhabits the palace, or the labourer who sleeps in a cottage. If we carry our inquiries further; in surveying more attentively our frame, we shall find less cause for being surprised at the many devastations we are liable to, as at the wonderful continuance of our existence for a number of years. A structure so fabricated as ours, displays the power of the Creator in irresistible colours, to doubt his Omnipotence: for what less than an Infinite, Omniscient Being, could construct so astonishing a piece of mechanism, ever to be admired, though past comprehension? Whether we consider the innumerable, imperceptible atoms, or the exact symmetry of parts, with their distinct offices, so intimately framed and blended as to constitute one body, wherein is contained a living principle, thirsting after immortality, endued with sublime affections, which at one time reign triumphant, exalting it to a god; at another season, as discordant passions take place, which debase and mar the beauty of the whole. Thus, if the animal economy is disturbed by any natural exertion of the various passions, which serve and act as so many springs to move and keep the body in a proper equilibrium, or if any of its parts be injured, either by outward accidents, or inward oppressions, it is evident how easily a vehicle thus situated, is endangered by every little shock or vicissitude it meets with in its peregrination: therefore we, who cannot always controul the mental faculties, the digestive power of the stomach and bowels, the circulation of the fluids, which pervade

all the various minute recesses of the human body, must submit to the grievances occasioned by the interruption or the velocity of either: and those indispositions termed SCURVY or GOUT, on due consideration, may, with propriety, be pronounced the result of certain causes, founded on accidental or acquired indisposition, intemperance, or inactivity.

To facilitate the cure in scorbutic affections, to attain juster ideas than those which have been explained in former dissertations, relative to the cause of the Scurvy, it will be a meritorious act to insist on a free discussion, as the first preliminary article, independent of any established maxims already received, however venerable for antiquity, or their being patronised by authors, whose names sanctify the continuance of adopted medicines, hitherto so universally countenanced, as to intimidate the daring adventurer from exacting a scrutiny. To investigate with candour those favourable *recipe's* is a duty indispensable; to reject popular schemes, that has neither reason nor experience for their basis, is equally prudent. These determinations properly pursued, will certify what degrees of difference are due to general sentiments, which has so long tyrannised over our fettered minds. With all our sagacious discernments, we shall not be able to elucidate every axiom the timorous, the inquisitive patient shall suggest. One certain advantage will accrue from these speculations, if founded on truth, a clearer conception of the nature, distinctions, variations, powers, perhaps, what is most desirable, this evil genius's antidote. In our comments on a matter so complicated, we do not think it necessary to follow the argument, or arrange our discourse strictly methodical

methodical on each subject, but occasionally insert them as they arise in our imagination. To impeach some principal errors generally pursued in the hackneyed road of opinion, be our first object; for whilst they remain unexploded, it is not possible to gain a competent knowledge to avert the impending storm, which awes the wrestler on this stage of uncertainty.

Of all the unfavourable circumstances which have bewildered our judgments, no one is presented to our view in a more conspicuous light than the following demonstrative evidence, wherein two disorders, different in their cause, symptoms, and effects, should be classed as one disease, on account of the similitude of their sound or appellation. These scorbutic complaints on land, being subject to scurf, or scurfs, has, in time, generated from the word Scurfy to Scurvy, by the changing of the letter *f* into a *v*; but cannot be considered on this account as identical alike, any more than two sisters who agree in name, but whose habits, dispositions, and qualifications, terminate in opposite pursuits: hence originated the multiplicity of ill-judged conceits concerning their unity, as will appear by contrasting the SEA and LAND SCURVY, in a few concise remarks.

At SEA, the cause of the Scurvy is an accidental one, arising from particular incidents, peculiar to those who are immured in a ship, or in a besieged place, where dire necessity demands the sacrifice of unwholesome food, a change of cloaths denied. Ill-fated situation! even nature's grand preservative, a free circulation of air, is locked out! Hence the putrid smell, sad harbinger of epidemic, scorbutic woe.

On LAND, to whom does the lot fall to be ensnared by the Scurvy? frequently the rich, whose ability is equal to their wealth in commanding the redundancies of life. At their pavilion, ease and festivity are seen to reign. The balmy air, in fragrant breezes, acts no niggard's part, in whistling through the abode, where the household gods so placed,—rejoice.

The SEA SCURVY is generally uniform in his prognosticks: the healthy and the strong soon yield to the mighty destroyer, whose property in contaminating others, is fearfully rapid, menacing destruction to all lodged under the same inhospitable roof!

Not so the LAND: here the Scurvy's wide domain is different; no consistency marks his way; tardy in his approaches; now flatters the patient with signs of retirement; then, unprovoked, returns with accumulated strength, to aggravate the more; fickle as the weather; wayward as our constitutions, like the mariner's compass, ever on the traverse.

Plenty of acids, provision properly cured, cleanliness practised on board of ship, are charms which seldom fail keeping the Scurvy at a distance.—

On Land, what a contrast!—Not all the endeavours of art can keep the malicious sprite away, any more than we can presume to banish weakness, sudden frights, with other jarring inconveniencies, constant attendants of fluctuating passions, joined to decaying machines.

In the department relative to the cure of these plagues, the most essential difference is displayed: when the distressed voyager arrives on land, we proceed on experienced successful rules, to unrivet the victim's galling chain.

Alas!

Alas ! at Land, although great cures, first cousin to miracles, are performed daily, in scorbutic cases, sufficient to flatter restoration to all who come under that predicament ; yet numbers, from some hidden cause, remain striking monuments of the imbecillity of human sagacity ; which clearly demonstrate, the thorn that wounds must be of different growth !

In reviewing each of their effects on the human body, we should be on our guard, that appearances do not deceive us into a hasty verdict, because a few features may resemble one another.

The SEA SCURVY begins with a change of colour in the face ; from the natural and usual look, to a pale, tawny, bloated complexion, with a spontaneous weariness, an aversion to any sort of exercise, difficulty of breathing : when the patients awake in the morning, their joints and muscles feel tired and bruised ; pains are felt external and internal : the gums are inflamed, soon swell, and are for the most part, over-run with sprouting luxuriant flesh, having an intolerable degree of stench and pain ; they are sometimes deeply ulcerated, and have a gangrenous aspect. The patient is hardly able to open his mouth, and with his face and jaws swelled, resembles a person labouring under a severe toothach. Blood frequently issues from various parts, as from the nose, gums, intestines, lungs, old wounds, in a profuse manner. The teeth loosen, by degrees turn yellow, black, and rotten. Many have a swelling of their legs, which is first observed on their ancles towards the evening, and hardly to be perceived the next morning ; but after continuing a short time in this manner, it gradually advances up the leg, and the whole member becomes œdematous ; with this difference only

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in some that it is more painful, also does not so easily yield to the finger, and retains the impression of it longer than a true œdema. Bruises, and wounds healed up, always become scorbutic first. Old ulcers will emit a thin, fetid, sanious matter, mixed with blood; at length coagulated gore will lie on the surface of the sore, like a cake: As the disease increases, they shoot out soft bloody fungus, resembling bullock's liver, which will arise to a monstrous size in a night's time.

In the second stage of this disease, the patients most commonly lose the use of their limbs; having a contraction of the tendons in the ham, with a swelling and pain in the joint of the knee. Indeed, a stiffness in these tendons, and a weakness of the knees, appear pretty early in this disease, generally terminating in a contracted swelled joint. They are subject to frequent languors; and when long confined from exercise, are apt to faint upon the least motion of the body; which are the most peculiar, constant, and essential symptoms of this stage. Some have their legs greatly swelled, and covered with one or more large livid spots or blotches: others have hard swellings there in different places, extremely painful: and there are those, who, without any swelling, have the calf of the leg as hard as a stone: they are apt, upon being moved, or exposed to the fresh air, suddenly to expire. This disease frequently gives rise to the Jaundice, Dropsy, or a confirmed melancholy, with other fatal terminations, ending in death often unexpected*.

* For a more copious description of the effects of this disease, see Dr. Lind on the Scurvy, 3d. edition, price 6s.

To illustrate the various appearances in which the SCURVY discovers itself on LAND, is also an unpleasing theme; particularly that malady denominated LEPROA, or LEPROSY, which we shall endeavour to delineate; though the Reader will find, in the history of the cures, a more exact description of the effects of this malignant disease. However dreadful some of the cases may seem to those not under its lash, yet they fall infinitely short of what we have seen. Nor can the pen convey a just idea of the deformity of a human being, thus besieged with loathsome sores, often discharging a corrosive matter, which burns the sound part of the skin, attended with a putrid smell: at other times, the legs swell, receiving an impression of the finger in the flesh as if it was dough, yet the person shall not be in a dropical state: again, the gums bleed on a slight pressure, an ulcerated mouth, a noxious breath, a lassitude of body, scaly eruptions continually falling off, form only a small part to complete this monster's train. Yet, before this complicated disorder arrives at this height, many years may elapse; and ere it can arrive to this period, some peculiar incidents happen, which may account for such piteous ills centering in one body, whose origin at first, was no more than a few trifling pimples, or red spots, which might have been mistaken for flea bites, not troublesome, neither ushered in with pain or sickness: these are generally found dispersed on the legs and arms. The next morning small white scurfy appearances take place, which, in a day or two, shed off, and as many return, to the disappointment of the patient, who quickly observes the progress of the disorder increasing in size and shape, no longer continuing round, but spreading promiscuously

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over the body, until it covers a large surface of the skin, like the bark of a tree: the knees and elbows are joints which are more immediately affected. This disease differs in appearance, in colour, as different causes affect, or constitutions vary: in some an universal stain marks the skin, which does not arise to any scurfy eruption; in others, the whole body is affected, whilst the face shews a healthy countenance, free from eruptions which settle on the face of many, whose body has a clear skin. There are those who daily eye the force of this insatiate Tyrant preying on their hands, discharging large scales of a horny substance, which eats the nails off their fingers and toes. The palms of the hands are clefted with great fissures, which frequently bleed, attended with violent burning itchings. To what a height this malignant spirit can expand its virulent powers in ferriting some individuals, may be learned from those who have scarce a place that can be found, from the sole of the foot to the head, free from those leprous erosions, which, on a slight friction, fall off in large scales, or in powder like unto branny dust, and are as constantly supplied by the corrupted fluids, which ooze out through the skin in a thick gelatinous matter, forming the scales so mortifying to the afflicted; often accompanied with feverish symptoms and their natural consequences, habitual costiveness, lowness of spirits, with other distressing circumstances, sufficient to lessen the desire of life, or the fears of death. An uniformity of symptoms is scarcely to be found, which accounts that some eruptions are more troublesome than others, owing to the blood being more inflamed or corrupted; for we find many who only speak of a sensation on various parts of the body, similar to the sting of a nettle,

nettle, arising from small miliary pimples, which itch to that degree, chiefly at night going to bed, in cold, or in change of weather, that nothing but a free use of the instrument generally found at the end of each person's finger, can give present ease, or set the confined matter free, which occasioned this irritation: it is remarkable, how soon the blood, and other perulent matter, issue forth on a slight scratch of the nail. In these complaints, the itching will be so great, that a person in a deep sleep, shall lay scratching in the same manner, as he would do if he was awake. Similar to this operation of giving ease, is shaving the head when troubled with scurfs, which, though it appears painful to the by-stander, affords a pleasing relief to the patient, who should have it repeated almost daily.

Many persons of both sexes, from various causes, have ulcerated legs, preceded by a fever. Here nature recoils at the remembrance! whether we reflect on the various colours which mark the flesh, the painful swellings, the deep bleeding wounds, the foetid smells, the scaly coats, rottenness of bones, connected with symptoms bordering on a general mortification; sad memento's, which proclaim to the sufferer, more forcibly than Philip's* boy, *how nearly we are allied to mortality!* It would seem in these cases, that the legs, which bear the weight of the whole body, must also be the sink and drain of all the venomous humours contained in it. To go over all the minute descriptions of the several evils to which mankind are liable to, under this class, commonly called

* King of Macedon.—He kept a person in his service, to tell him, every day before he gave audience, *Philip, remember thou art mortal.*

scorbutic, would only disgust the unexperienced: and those that are afflicted know these remarks to be too true, who feel the bad effects, joined with an inexpressible languor: Sleep, the soother of cares to many, withdraws its kind influence from them at night, thereby rendering the patients extremely nervous in the day. But in the midst of judgment, mercy has been remembered: for it is an happiness unspeakable, never to be too highly acknowledged, that these disorders are not infectious, even when people bed together, though they bear so very near a resemblance to the Itch.

SUBLATA CAUSA TOLLITUR EFFECTUS, has long been among the leading maxims of philosophy; and it is a true and fundamental one, that in all disorders, the skillful physician aims at nothing so much as investigating the cause whence it springs, in order that he may be able the more effectually to destroy or remove it. Success often verifies this aphorism, yet truth will compel us to own, however mortifying, we are but men, short-sighted ones too, when we reflect how little we perform, compared to what is left unfinished, in the relief of those maladies, whose history composes the essential part of this treatise. To trace the origin of those morbid complaints, in a number of cases, may be done with propriety and satisfaction to the physician and his patient, is allowed; equally so, that conjecture must stand very often for certainty; and there frequently arise disorders, that both doctor and patient are at a loss for a circumstance relative to the knowledge of the cause, even to guess it with any degree of probability. In these scorbutic cases, should we ascertain the cause, yet the cure does not always follow; it being not quite so easy
a matter

a matter to restore the human body, shattered with disease, to its pristine state, as some, by their advertisements, would make us believe; just as if curing the Scurvy and eating an apple, were synonymous terms. Such pretensions, we believe, are only to be met with in a set of self-created ingenious men, composed of the greatest artists of the age; a society of Physicians, or a company of Surgeons, who meet at their Royal Laboratory*, or elsewhere, erected in some obscure hole of the town, where, like the viper, they may the readier poison with their bite, the unwary traveller.

In tracing the cause, no circumstance has been more universally condemned as a promoter of the Scurvy, than the one here alledged relative to salted provisions: nor has there been wanting men of peculiar eminence in the medical line†, who did not scruple to avow the same sentiments, desiring scorbutic patients to beware of salted meats?

When mankind were agitated by an early thirst after knowledge, to explore unknown regions, the sea at first dashed their designs, and proudly tossed them back again in their slender barks. Difficulties, the bane of the indolent, are spurs to the aspiring mind, which contrived a spacious vessel suitable to their wishes. How they were to be supported, or what food was proper on the occasion, for a long voyage, and other unforeseen accidents, was a prudent question. An adequate number of live animals were too cumbersome; fresh meat soon loses the pleasing

* See their advertisements.

† Dr. Willis, Huxham, &c.

colour, the attracting smell; consequently its usefulness.

Urged by necessity, a resource is pointed out; and proper food selected from those species whose character would hold good for many months.—To the ingenuity of man, aided by art, do we owe a variety of pleasing luxuries. In summer, our banquets are crowned with pyramids of ice, to cool the parching heat; fruit, which smiles on the autumn boughs, in spring adorns our table. By salt is our meat preserved for a long season, in great variety, partaking of the ox, the sheep, the swine, or the fish.—Kind indulgence, granted to the pilgrim journeying through a thorny or a rugged way! Has the Creator set before us such delicacies to ensnare us to our ruin? Reason will not support us in the argument to judge so harsh—Experience will retort, stigmatizing us with ingratitude.

That numbers have died on board of ships where such diet is obliged to be more frequently used, cannot be denied:—But has their provisions been good, and properly cured?—has their flour, their bread, their pease, been freed from mould?—has there been a sufficient quantity of vinegar?—their water sweet?—their cloaths clean?—their ship washed, ventilated, and fumigated?—the men often exercised?—On each of these, health depends; otherwise, what else can ensue, but decay, infection, death? For a better explanation, ask those whose lot it is to plough the seas for many years; they will readily acquit salted meats, singly excepted, from the infamous charge alluded to. As a proof they are not biassed, when left to their choice on shore, what food

food do they relish with that pleasing glee, equal to corned meat? Or who is it eats salt so lavishly as the sailors? Dictated by their wants, they have a better argument in favour of the use, than the governors in denying it them, by not making any extra allowance for the article of salt on board of ship. Hence it is, that on opening every barrel of salted provisions, a scramble ensues among the sailors, to procure a share of this desirable commodity, the loose salt.

It is well known, that could the mariners have a constant supply of fresh meat only to feed on, they would expose themselves more to the hasty inroads of the Scurvy, and much sooner sink under its baneful influence*.

Far from entertaining unworthy thoughts, or rashly seeking to interrogate the Ruler of the Universe, have we not reason to admire and adore that goodness, who, sensible of the frailty of our

* “ Sea salt, in a sufficient quantity, is a useful corrector of an animal diet, and in that respect an antiscorbutic; it may, from an excess, and not being sufficiently diluted, give a peculiar muriatic acrimony to the fluids; but that very seldom happens, and is easily removed. In sea voyages, that peculiar Scurvy, which is imputed to long living on salt meats, is really owing to a contrary state of the fluids, and to a putrid acrimony and dissolution of them, from the want of that quantity of acids, or fermented spirits in their drink, which is necessary to prevent that natural tendency the fluids have to putrefaction; and which the quantity of salt (which is but a weak antiseptic) is incapable of preventing, and often not sufficiently powerful even to preserve the salted meat from being in some degree corrupted. This disease more frequently appears, and in a greater degree, when their bread is in the same state, and when their water, which at the best has no real antiseptic quality, is often in a putrid state. In these circumstances, fresh animal food would sooner bring on an increased putrid state, than sound and well salted meat, unless some acid vegetables, or spirituous antiseptic corrector, was added to their drink, and could diffuse itself through the blood.”

BARRY, *on Digestion.*

mouldering

mouldering nature, has spread, in various forms, an antidote against putrefaction? For what should be our thoughts on reviewing the vast ocean of waters, rolling in mountainous tremendous heights, impregnated with strong saline particles, wherein fish innumerable thrive, whose flesh is of a sweet, delicate, rich taste, administering nourishment to the human species? Could these waters, the blood and life of the terrestrial world, retain their purity, or the small rivers their sweetness, were it not owing to these circumstances, and the constant flux and reflux of the tides? In the country, where the rustic lives much on salted meat, whether of beef, bacon, or pork, we might expect to see there some proofs of the effects of salted dried diet, terminating in scorbutic appearances: the reverse is to a wonder known; for they surpass the citizen in health and strength, as the fish in a river do those confined in a pond. People on land who have imbibed these tenets, have been deeply impressed with the fear, that these forbidden meats would aggravate the disease they laboured under, and have abstained from that food contrary to their inclinations.—Have they found the complaint relax on this punctilious account? Could we add in the affirmative, it would be encouragement for perseverance. These are lessons which should teach us how careful we should be in drawing decisive conclusions, or superficial evidence, as in the case now under our consideration, which has created much uneasiness to many doubting individuals; and what was dreaded in idea only, concerning salt meats tending to breed the Scurvy, has in effect been realized, owing to particular constitutions being debarred of its craving privileges, where they could be dispensed with to advantage.

advantage. On the contrary, let us not be thought to be strenuous advocates for an indiscriminate use of salted victuals, but to indulge in them with moderation, as they are found to agree with the stomach, which may be easily known by their digestion; for the Scurvy cannot arise from eating or drinking any particular aliments, independent of different circumstances and constitutions, with whom only such and such food will nourish: and a great stress should be laid, in the cure of any complaint, on persons endeavouring to find out a regimen which is suitable and agreeable to their nature; the consequence will be a speedy deliverance from their bodily infirmities, compared with those they experienced before: therefore, from motives of conviction, we wish that erroneous notion of salt provisions breeding the Scurvy was exploded, at least amongst those who reside on land*; for the cause of the Scurvy at sea depends on many other occurrences, well known in their situation: shall we make no distinction between a piece of meat lying a few days in salt, and theirs of many months? Our salt diet would be, by them, deemed fresh: so that many debar themselves from tasting that food which would give them pleasure, and contribute to their health. As to pork, though it is forbid both by Jew and Mahometan, and in warm countries it is said to produce or increase the Leprosy, seems to us rather a tradition handed down to posterity, without inquiring as to the merits of the case, or of giving satisfactory proofs of its tendency to that effect; for neither the Greek or

* There is an inconsistency in the prescription of those who forbid salt meats, yet give Glauber salts, or send their patients to be drenched with sea water.

Roman physician complains of this meat, with whom, as with us, it was held in high estimation.

In the indictment relative to the cause of scorbutic eruptions, drawn by judicious writers, we find sedentary employments are accused, and those trades in particular specified, which are followed in one posture. A question naturally arises; what occupation in life, whether scientific or mechanical, that has not its inconveniencies attending it? And what is our intent of writing? Is it to render fixed stations in life disagreeable, or to deprive the individual of his felicity, by placing imaginary ills before him? Or, where is our wisdom displayed, to prophesy a curse entailed on such a business? Would not one of that profession, whose lot it was to come under that predicament, instead of rousing himself to throw off an hinderance to his pursuits, rather be inclined to say, *our business is subject to this complaint?* and prove a check to this man's hope; his ardor in seeking a remedy, rendering him rather indifferent about his health. Ramazzini has wrote in general of those diseases which are the natural consequences of particular employments; there we find many stigmatized as authors of maladies, infinitely worse than any that can arise from a sitting posture. Who has not heard of persons dreadfully suffering by the fumes of lead, the noxious vapours arising from charcoal, paint, aqua fortis, and damp in the mine? Yet each of these artists know how to remedy many of those ills, and make them to contribute towards a comfortable maintenance. Before we venture to fright persons from their usual vocations, have we a better to give in exchange? Let us not idly spend time in battering at the walls of *necessity*, lest
shame

shame fall on our heads; but wisely turn our thoughts on those nuisances which are to be remedied; real grievances, monsters in human shape, named indolence and sloth; which will not only render us contemptible at first, but bring their own tormentors along with them, whose train is supported by no less personages than the Scurvy and Gout, and are only to be terrified away by chearful exercise, cleanliness, and wholesome labour. Indolence is a quick-sand cannot be cautioned too much against to avoid. Ease and retirement, are the proposed end of all our labours and anxieties; happy for us, it is not so soon attained as we wish. When we sigh after this phantom, we know not the event of the request. To be relieved from all care and trouble, what is it but to be changed into a senseless inanimated being, totally indifferent of what is transacting round us? As if happiness consisted only in rising to eat, drink, and then to sleep. How wretched the idea! Where is the *being* capable of indulging such thoughts without detestation? All nature exclaims against it! Nature, ever most harmonious, eloquent in preaching the reverse, the true restorative, the supporter of our fabric, action, without it, how soon should we decay! It is a blessing showered down on the industrious. By them it is named pleasure, or exercise, man's fittest companion; from which he should not wish to be separated, whilst there are abilities left to enjoy them. Wherever we look round, either above or below, all is in motion, (*another name for exercise*); the sun, moon, stars, and earth, are in perpetual action, and display omnipotent beauties that could not be, with that delight, discerned in fixed bodies: nor will the beasts of the field, the birds of the air, the fish in

the sea, or even the insects on the earth, be silent on such an occasion, who require daily food, and daily they must hunt after it, or be pinched with hunger's keen sting. Sweet is the morsel when earned by assiduity. Thus any station of active life, however employed, whether digging in the mine, traversing the boisterous ocean, or hazard-ing life in war, or in the chase, is preferable to sloth. By diligently following either of these occupations, honour, wealth, fame, are frequently met with, and every other social blessing. Without exercise to employ the body, or amuse the mind, how quick does man gather rust! his fluids, unsupported by motion, stagnate, his vigor fails, obstructions are formed, his limbs contract, and become, in a little time, a monument of wretchedness, surrounded with pain and vapours, terrifying his debilitated frame with gloomy apprehensions, from which deplorable state nothing but action, joined with serenity of mind, can deliver him.

What sort of employment conduces most to health we cannot determine, any more than we can at all times choose or command our stations in life: every individual knows how to shift the scene; but to vary it, depends on time, place, circumstance, and connection. All that the writer wishes to enforce, is, that exercise which is found most convenient, whether it be in play or in work, in a walk or in a ride, in the agreeable amusements which polish and adorn the body, or in the necessitous calls of labour, to preserve and support life, or any other recreation found in visits, plays, concerts, &c. the proposed end of each of them (whilst not pursued to excess) will be answered in bracing up the nerves, giving fresh vigor to the mind, a hardiness to the fibres, pliancy

ancy to the limbs, and fortify the body against common accidents of cold and heat. We are persuaded, that persons would not have the reason to complain as they do, of the long confinement in the Gout, or experience that pain arising from chalk-stones or contracted sinews, were it not owing to repeated errors sanctified by custom, which introduce Mrs. *Indulgence* as a *Nurse*, in preference to plain, well-timed, *Severity*: this also accounts for those distressing, mortifying scenes, daily exhibited in hypochondriacal and scorbutic complaints.

Hitherto we have pleaded in defence of two instances, supposed to be the peculiar cause of those baneful ills; now we become accusers, and readily impeach some particular incidents, to which, from our nature and circumstances, we are daily liable. These we comprehend under the titles of surfeits, indulgence, agitated passions, sudden frights, malignant appearances proceeding from the small-pox, weakness of constitution, &c.

Surfeit is a word of an extensive meaning; it implies some action into which the person has been impelled through an urging to allay a prevalent sensation by an opposite one. A ready compliance to gratification often plunges an individual into a series of difficulties, which require the judgment of the experienced physician to extricate, joined to the perseverance of the patient: happy conclusion, if the united endeavours are found adequate to the desires of the sufferer! to avoid these encroachments on our felicity, it is necessary to bear in our remembrance, that most people are sensible a danger lurks in the sudden application of cold matter to
our

our bodies, when heated beyond the usual temper of that standard most conducive to strengthen or preserve it as a living animal.*

But there is another caution which strikes us in a more eminent degree, viz. of entering on violent exercise, after regaling rather freely on a diversity of aliments; by this means the stomach, overloaden, is ill suited either for labour, or discharging its necessary offices of distribution to the other dependent members.—Thus food violently agitated, becomes a strong poison; volatile alkaline salts escape to the surface, corrode the skin; the blood, already inflamed by a rapid circulation, is soon deprived of its watry particles, becomes thick; fevers succeed, which terminate in scorbutic, cutaneous affections, owing to the constitution being overstrained; a foundation sufficient to account for any scorbutic terminations we meet with whatever†.

Another remarkable evil which has given rise to scorbutic eruptions, is occasioned by the weakness of the stomach, which hinders the food from being properly digested; the aliment is thrown up again with an acid taste, that cuts the throat, blunts the edge of the teeth, occasions a violent heart-burn. To such a degree of corrosiveness has this matter arrived, as to give silver a black co-

* A medium should be observed in our drinks on such occasions, which should not be too much of the spirit so as to inflame the blood, or of the aqueous part to chill it.

† For the most part, the blood and internal parts are not tainted, it being only the nutritive serum about the surface of the body that is depraved; though 'tis true that by continuance, it may at length infect the blood.

lour. Should this acid matter be carried downward, griping pains in the bowels ensue: blood secreted through the lacteal vessels from so foul a matter, must be inimical to health; nor should it surprise any one, that divers blotches, unsightly eruptions, should then make their appearance on the skin, owing to those sharp humours, the very principle of eruptive diseases; or that we should thereupon experience aches and pains in different parts of the body, or suffer that languid state into which we afterwards fall.

This acquired disease, whether you call it Scurvy, Gout, Rheumatism, Scrophula, Leprosy, or Evil, for they are all but different branches of one and the same disorder, and are eradicated with more difficulty than other putrid complaints, by reason the constitution is constantly promoting and furnishing fresh matter to feed and aggravate the distemper.

All the passions, whether joy, sorrow, love, hope, anger, fear, or terror; when carried to excess, bring on very formidable diseases. To draw comparisons of their malignancy, is neither easy nor agreeable: either of them is sufficient to make us miserable, when under their baneful influence. The two last carry in their names *horror*: their quick piercing power is felt perceptible through all the fibres of the human fabric, wherever thought can penetrate, filling each chord with an inexpressible electrifying sensation, that wakens us to watch, and be on the alarm; making sturdy centinels, not only of the nerves and limbs, but also the flaxen hair must be erected, and every feature of the face strained, to complete the sacrifice to those relentless furies. A fatal instance, wherein

wherein fear and terror operating together, is exemplified in the following history, recorded in the Medical Transactions.

“ A man who had a Leprosy in France, of
“ which he died, was thought by his wife to have
“ got it by a fright, none of the family, besides
“ him, having ever had any symptoms of it. Her
“ husband, it seems, was out a fishing on the lake
“ of Barra, (a sea-port town in France) when so
“ great a storm arose, that it was only by the re-
“ peated flashes of lightning that he could find his
“ way home. On his arrival, it was a matter of
“ fresh concern to him, to find that his brother,
“ who had been fishing in the same place, in
“ another boat, was not also returned. The ap-
“ prehensions of his being drowned seized his
“ mind, and drove him to a situation little short of
“ despair. Unable to relieve him from it by the
“ force of language, he was the next morning let
“ blood, when his brother arrived, and a little
“ time after the symptoms were seen to appear
“ which led to his death.”

We have known several instances of children, whilst sucking, to break out suddenly with pimples and blotches of a scurfy appearance on the face and body, to the great surprise of the parent, owing to the nurse having received a sudden surprise, or some bad account relative to her family, which brings on a dejection of spirits, and injures the milk: in such a case, the child should be weaned. Also, if the parent has had much trouble, or has been frightened when with child, it will sometimes occasion the infant to break out, (soon after it is born) with eruptions. This accounts why one child may be in a sickly state, and the others, in the same family, appear healthy. For grief, the jaundice of the mind, is a destruc-
tive

tive passion, piteous to the beholder ; yet is loved
 and careſſed by the poſſeſſor, to its own deſtruction ;
 pleaſed with every one that will grant an indulgence
 to fan the flame. A judicious author, Dr. WILLIS,
 obſerves, that “ Among the cauſes of the Scurvy,
 “ that are wont to be derived from the inordination
 “ of the non-naturals, we may here deſervedly place
 “ ſadneſs ; for it is every where obſerved, that
 “ men, through ſome occaſion ſtruck with ſorrow,
 “ and ſo remaining for a long time ſad, do become
 “ ſcorbutic ; the reaſon of which ſeems to be this :
 “ Great ſadneſs immediately affecting the inferior
 “ or bodily ſoul, compels inwardly both its parts,
 “ to wit, the ſenſitive and the vital, ſtraitens their
 “ conſtitution, inhibiting their wonted expanſions,
 “ and draws them into a leſſer ſpace ; hence the
 “ animal ſpirits being hindered from their due ex-
 “ panſion, remit their economy ; wherefore the
 “ blood repeating its circuits in a leſſer compaſs,
 “ is apt to be heaped up about the boſom of the
 “ heart, and there to ſtagnate ; for this reaſon,
 “ when the ſpirits of either government, viz. either
 “ animal or vital, are depreſſed, and the blood and
 “ nervous juice begin to be altered in their com-
 “ plexions, either of them by degrees loſing their
 “ vigour, turns from a generous liquor, to one ſour
 “ and lifeleſs : beſides, the viſcera of concoction
 “ being denied, the wonted influx of ſpirits per-
 “ form very untowardly their offices ; hence, from
 “ the chyle not rightly concocted, or being de-
 “ praved in its coction, the nutritious juice being
 “ ſtuffed with feculencies, becomes vicious, and is
 “ poured on the bloody maſs, whereby it more
 “ perverts its craſis, and cauſes it eaſily to paſs in-
 “ to a ſcorbutic diſpoſition ; moreover, for this
 “ reaſon, immoderate and too ſerious ſtudies, and
 “ the continual intentions of the mind, for aſmuch
 “ as from hence the ſpirits being depreſſed, the
 E “ offices

“ offices of the viscera subverted, and the chief
 “ crasis of the humors altered for the worse,
 “ they often acquire a scorbutic taint; to which
 “ we may add, that both sad and studious persons,
 “ for the most part, lead a solitary life; for which
 “ cause, both the blood and nervous juice, as wa-
 “ ter wanting motion contracts mud, is wont to be
 “ vitiated, and ready to fall into a scorbutic cor-
 “ ruption.”

、 To the small-pox, more particularly when it owes its rise to inoculation, many persons ascribe their scorbutic woes: from that period, they can regularly date the malign influence under which they groan. Hard, indeed, to pass through such a fiery ordeal, only as introductory for a more lasting incendiary! Shall we ascribe it to the inoculator, ingrafting other peoples humors on his patient?—Or rather, is it not owing to a peculiar tendency in the body, favourable to acrimony? Allow it either, it behoves us to be careful from whom we take the infectious matter. It also points out the necessity of paying attention to the purifying the blood, after these formidable plagues. Nor should the measles escape our censure: though the occasion for reproach does not so frequently occur, the inflammation at the eyes excepted.

Endless incidents which happen in life may be here impeached, as sowing the seed of sorrow:—substantial arguments may be advanced in their defence, to shew the charge is injudiciously founded. We do not wish to pry minutely into the reasons for the wanderer's deviation, or be answerable for the casualties he may meet with, when he chooses to divert himself on uncertain ground, thickset with briars, where the snake in secret cover often lurks; dangers to which the more open road

is a stranger:—wave we therefore this discussion, whilst we probe a subject more interesting.—What modes for redress has been adopted?—Has success stamped their validity?—In perusing the writings of those medical authors relative to the mode they adopted for the cure of those blemishes, we are struck with amazement at the cheerful compliance and resignation of the patients, in undergoing so many tiresome, painful operations, generally ending in disappointment: nor should we pass on without paying a compliment to those luminaries, who, meeting with different foils in their various pursuits, have raised a beacon to notice their failure, and shew how little dependance is to be placed in those critical situations, on learning, or pompous medicines, whether selected in the east or the west; whether they vegetated on the surface, or were torn from the bowels of the earth, or raised by chymick fire. In their narrative they own, they tried the powers of purgations in various forms, in hopes to expel the enchanter from the human body; these failing, they raised fiery fumes to drive him out, then coaxed him with a tribe of sweeteners, or gently touched him with the choicest oils, to assuage his choler, still inexorable: Again, they thought he might be conveyed away, by turning the smaller channels into overflowing streams; if not, to weaken him by drawing off the blood, and excoriate his favourite seat, the skin; or making new drains, where he might issue forth. Tired with laying siege, their whole dependance is centered in laying the patient down*,

* To use an author's words, "When none of these can avail, many, as the last remedy, commend salivation as the stoutest champion, and the only one, that is able to cope with so strong an adversary—But the event does not always answer this mighty expectation."

forcing him to undergo severe penance for several weeks ; had success closed the scene, joy felt in the heart would soon blossom in the face, and pain would be lost in acknowledging the victory. Melancholy prospect! this also has been rejected ; and other promising experiments, that either reason or surmise should enforce, has been tried, with a view, that chance might stumble on a remedy, where ingenuity could not triumph ; and where science could not succeed, magic and charms have advanced their pretensions to the credulous despairing captive.

The favourite opinion of using cathartics and diaphoretics, for the desired end of banishing scorbutic eruptions, seems rivetted in the breast of most people ; hence every known root, gum, leaf, or mineral, that can boast of that virtue, has been seized on with avidity, and impressed into our service, honoured with a place in the pharmacopœia, where it is preserved in different forms, ready for its executive office, whenever the physician, whose power exceeds every other regulated authority, whether of the civil or military, bids it advance. Their operations on the body, are specious, it is true, and flatter the patient to proceed ; but do they expel those baneful humours, which are only to be observed in their effects ? In the thousand experiments repeatedly made, where are the vouchers of success ?—Let them stand forth, that we may have cause to triumph, and with pleasure we will readily join in the popular cry, oh purge or sweat him out ! the more out the better !* May we be allowed to speak

* The difference of the workings of nature and her journeymen, may be observed in the following instance, which we have frequently noticed :

ſpeak what “we have ſeen and heard?” Inſtead of the purſuer gathering ſtrength, we have found weakneſs; inſtead of a cheerful countenance, a pale, emaciated one confeſſed the error of ſo miſguided a directory. Ponder within yourſelves, and reflect on the proceſs: think of an artiſt violently ſtraining to pieces ſome curious article of mechanifm entrusted to his care. Our body ſurely is a much finer, and an infinitely more delicate one than any ever produced by the art of man. Wherefore is it then, that we ſeem ſo little ſenſible of the great impropriety of uſing it with leſs caution, care, and tenderneſs? Thoſe unmerciful purgers, ſweaters, and patrons of promoted ſecretions, that is to ſay, ſecretions increaſed beyond the common and customary pitch of nature, would do well to conſider what proportion the humors bear to the whole maſs of blood. To come at once to the point, we will ſuppoſe it to be a twentieth. Taking this for granted, can it be adviſeable to purge, ſweat, or otherwiſe excrete nineteen parts that are good, for the ſake of one that is bad? The queſtion answers itſelf. For what advantage can poſſibly be derived from it, ſince, if with twenty pounds of fluid, one of humors is to be deſalcated, ſhould the whole to-

noticed: iſſues and bliſters, every one expects and thinks to be of great uſe in drawing off humors from the human body: we confeſs, though opinion is ſo ſtrong in their favour, yet we ſcarcely ever knew any great ſervice from them: on the other hand, where biles have appeared, and been properly treated, the decay of leprous ſcurfs has been daily viſible, and reſcued the patient from a loathſome complaint, amply recompenſing him for all the pain and inconvenience he endured.

Medicus naturæ miniſter non magiſter eſt, et cum natura quæ optima morborum medicatrix, operari et agere debet. HOFFMAN.

gether be evaporated to one scruple, in that one scruple one grain of humors would still remain?*

Ointments have been resorted to, and stand particularly noticed in the sages' books, with great commendations annexed thereto, specifying their virtues, in preserving or restoring the skin. Some of them calling to their aid the fragrant essence of plants, giving them a pleasing perfume, which strongly pleads for a continuance of the favour to be employed occasionally. When these disorders first made their appearance amongst us, as they were attended with heat, inflammation, and irritation, it was natural to think of applying thereto some outward remedies, especially as they ascribed to such ointments as were made of certain particular cooling herbs, a much greater power than they really possessed. But those who continue the practice, so as to lay the chief stress in the cure, on ointments, must excuse us if we take upon us to pronounce them egregiously mistaken, in whatever point of view the thing may be considered. for, in the first place, they do not reflect how little, at any time, an unctuous preparation can take and retain of the virtues of any herb. Besides, the basis of such ointments as here alluded to, being hogs lard, by anointing the affected parts, they *stop* up the *pores*,

* No one, we trust, will have the simplicity to imagine, whatever artful or ignorant practitioners may advance, that purgatives will throw out of the body the *bad* humors *only*. At the same time, we would not be understood to mean, that no medicine should ever be given, that has a power to cause purging, sweating, vomiting, &c. for there undoubtedly are times and many other illnesses in which it is very requisite. All we mean to contend for is, that the process must be erroneous when repeatedly applied to disorders of the blood, such as the Scurvy, Gout, Rheumatism, pimpled Faces, Eruptions, dry and moist Scurs, &c. administered with the absurd intent of carrying off those noxious humors.

and

and thereby counteract the salutary workings of Nature, by opposing the expulsion she would otherwise make of the corrupted humors; which obstruction never fails to occasion a repulsion of them into the stream, and thereby to hasten and complete the total corruption of the whole mass. For as it is with plants*, so it is with human bodies; there must be a perpetual and incessant flowing of liquors freely through the pores of the skin, which circulation is no sooner stopped or glued up, as it were, but fevers, dimness, vio-

* It is a well-known observation in botany, that all plants whatever from the ligneous to the herbaceous, have a ramification of descending vessels, by means of which they imbibe the dew which falls upon them in the night, or the most subtle and spirituous parts of the day showers, from the top of their branches and extremities of their leaves, downwards to their roots; in the same manner as they draw upwards, by means of their roots, and the interior channels of their branches and stalks, the sap which serves to their growth.—It is proved, likewise, that plants breathe, sweat, and throw out, by means of emunctories, certain excretious and redundant humors, like those contained in the vessels of a living body. These emunctories that exist in plants, throw off at their mouths, which are open in innumerable quantities, on the exterior part of the skin or bark, either along the stalk or branches, or even on the surface of the leaves, a matter seldom perceivable to the naked eye, but which, if mixed with dirt or dust, that flies about in the cleanest apartments, and not washed down by natural rain or artificial waterings, will prove in a short time the destruction of the plant: therefore the circulation being stopped, and the plant supplied with an excessive and superabundant quantity of water, which most people have the bad habit of keeping perpetually in pans under the pot, the root soon rots; because, deprived of its proper and usual evacuations, through the emunctories, it can no longer sip any thing: therefore, the water of the pans, instead of wasting away by the consumption, and feeding of the plant, stagnates and putrefies; and the plant, after having withered a great while, dies at last. Such is the reason why so many plants, such as Myrtles, Geraniums, and other shrubs, which people are so fond of keeping in their houses, seldom live to see another summer, and at best always look sickly.

lent head-aches, and other complaints ensue, and very frequently, consequences infinitely worse. What gave rise to ointments being repeatedly used in these cases, has been from their success in the cure of the Itch, because that disagreeable disorder was known to be owing to animalculæ, (or small insects) which nothing but external application will destroy, and against which, internal remedies will not avail alone. To bad legs, ulcers, &c. there may be a necessity for applying an ointment, but its chief use is to keep the stocking or linen from eating into the flesh.

We flatter ourselves, the Reader has indulged us with a patient hearing, relative to the two preceding objections against current opinions. The third claims our attention. It is a ground we tread on with diffidence. To declaim against vegetables, with which our markets teem, and without them, a table in the spring would appear but half furnished, is not the way to gain proselytes to any novated maxims—To banish is not our design. Many erroneous tenets have been adopted, and grow up with us, sacred as our religion, respecting our ideas concerning physic and diet. We propose shewing, how vegetables, particularly those alluded to, as brooklime, water-creffes, scurvy-grass, dandelion, &c. has become so great favourites, that we scarcely know when to leave off eating them; as if our intention was to impregnate our blood with their juice, and then proudly bid defiance to the Scurvy.—Does the salutary effects justify our unlimited patronage? That vegetables in general should obtain a pleasing opinion, is not to be wondered at. These lively productions of nature have every thing fore-catching in their favour: they are in themselves a wholesome eatable, in general,

neral, and the first, perhaps, as Moses relates, given to man before his fall: they are too the food of many clean and agreeable animals, and must, from the beginning of the world, have prepossessed the mind of man by their pleasing prospect, their variegated enamelling of the fields, and by their having proved of quick and efficacious benefit in curing some disorders, which arose from the Sea-Scurvy. For these reasons, some have fancied them endowed with the same efficacy in cases of the Land-Scurvy, where it is evident they can be but of little service; not considering, at the same time, that the two disorders are dissimilar from each other. With respect to the Sea-Scurvy, acids, such as oranges, lemons, vinegar, and cream of tartar, with plenty of vegetables, are undoubtedly very great specifics; their efficacy is not so remarkable in the cure of those whose habitations are on the land. It is very observable how suddenly and how perfectly men will recover from the Sea-Scurvy, by the mere eating of greens, such as coléworts, carrots, cabbages, turnips, &c. Men put on shore, in the most piteous condition, will be able, in three or four days time, by means of this diet alone, to walk miles into the country. A very singular instance of this presents itself in a case the Medical History relates, by which we are informed of a man who recovered from a most deplorable scorbutic state, by feeding upon a friendly herb that he fortunately met with on an island, where he had been left by the ship's company to end a miserable existence. Such quick and easy cures have never been known, and are impracticable in land cases. Scurvy-grass, being a specific for the Scurvy at sea, is frequently recommended for pimples, blotches, and other breakings out of the body;

yet nothing can be more improper than such hot herbs, where there are inflammations.

On this subject our venerable author* has the following remarks: “ We must chiefly insist upon
“ antiscorbutical remedies, but the more sharp and
“ hot of this kind, as the garden scurvy-grass,
“ water-creffes, the horse-radish, pepperwort, and
“ others, too much irritating the blood, in as
“ much as they dissolve the temperament thereof
“ more, and drive out more plentifully the tartarous
“ coagulum to the skin, are always discovered
“ to be more prejudicial than advantageous;
“ and for this reason, the use of baths, or bathing
“ in hot waters, which evacuate the humors
“ of the whole body by an abundant evaporation,
“ and cleanse the pores of the skin, and
“ seem very available in this malady, oftentimes
“ are so far from helping, that those eruptions are
“ wont to be exasperated from thence, and very
“ much increased; for I have known many not
“ extremely impetiginous, to have gone to our
“ baths to bathe in the hot waters, that have returned
“ altogether leprous. Wherefore, when
“ the symptoms of this disorder arise from a scorbutic
“ evil, all elastic things are to be avoided,
“ and only the more temperate, endued with a
“ nitrous, vitriolic, or volatile salt, are to be administered.

* Dr. T. WILLIS, who died in the year 1675, aged 57, of whose great abilities Dr. MORGAN, in his Practice of Physic, speaks thus: “ Among ourselves, Dr. WILLIS must be allowed as a perfect master of the corpuscularian philosophy, as applied to physic. He understood perfectly well the explosions and suffocations of the animal spirits, the chymical effects, changes, and transmutations produced in the animal body, by the various mixtures, and mutual actions and restrictions of salts and sulphurs in the blood; though many have endeavored to imitate, yet none could ever equal him in this way.”

“ Sulphureous

“ Sulphureous baths, as well natural as artificial,
“ are found by experience less appropriate, yea,
“ for the most part, the former do prejudice;
“ moreover, every bathing ought cautiously to be
“ administered; for because this administration
“ exagitates the blood, and puts it into an effer-
“ vescence, its temperament is endangered (as has
“ been said) rather to be dissolved, and the cor-
“ ruption to be spread more plentifully over the
“ skin.”

By the passage we have here quoted, relative to the hot baths, which agree with experience, and those observations made by patients afflicted with the leprosy, some may be led to think we wish to depreciate those modes in general, which tend so much to the restoring of health. No such thoughts occurred: we are too sensible of the benefits accruing from those journeys, which are attended with so many pleasing circumstances, in a variety of forms, which cannot fail to add new springs to life: and if we cannot approve of hot baths in leprous cases*, there are other baths of a different nature, though not so flattering, yet are

* Though we object to hot baths, whose tendency is to increase perspiration beyond its bounds in leprous cases, we by no means wish to be understood of prohibiting temperate baths, where the chill of the water is only taken off to make it agreeable; for nothing promotes so much to health as cleanliness, and those frictions used on these occasions to brush the scurf off. For children whose heads are scalded over with a hard crustaceous matter, we recommend a fomentation wherein lavender or rosemary has been boiled, to wash the afflicted part daily; which serves not only to cleanse, but to take off that offensive smell naturally arising from such causes. Concerning invalids who are subject to the gout or rheumatism, to object to their use of hot baths in preference to temperate ones, would be stemming the tide of general prejudice and ancient practice; therefore reason and experience must be sacrificed to popular errors.

more beneficial, and afford great relief, not only in complaints of the leprosy, but in gouty, rheumatic and nervous ones; these are to be met with in cold baths, and in the open rivers of fresh water: but those we more particularly allude to, are those on the sea-coast, made convenient by machines, which shelter the invalid from the piercing air. How much more the health of the patient may be mended, by drinking the salt water when he bathes, we will not determine; but rather leave this matter to the option of his own judgment, which, on trial, he will be enabled to decide how far it agrees with his constitution; *only he is to observe, not to drink at one time more than is convenient, and sits easy on the stomach.* This caution should also be remembered when the mineral waters are prescribed; for it is not in the quantity, nor yet in the quality of these waters singly, that so great an operative virtue is found, as to establish their universal reputation, but in many other joint causes, all uniting with the waters, to act in one point either as a restorative, or a preservative: for whether we go to MARGATE or SCARBOROUGH, to BRIGHTHELMSTONE or WEYMOUTH, to BATH or BUXTON, to BRISTOL, HARROWGATE, or TUNBRIDGE, in each will be found a change of place and air, with a variety of company, which naturally extend our ideas, and contribute as much to our health as a variation of posture*: though *illness* be the general apology

* The numerous scenes that present themselves to the senses, were certainly designed to prevent our attention from being too long fixed on any one particular object. When the mind dwells long upon one subject, especially of a disagreeable nature, it hurts the functions of the body, destroys the appetite, and spoils the digestion; by which means the spirits are depressed, the nerves are relaxed, the bowels are inflated with wind, and the humors sadly vitiated, for want of fresh supplies of chyle.

for persons when they visit those places, which might naturally induce a stranger to imagine a greater number of distressed objects would hourly present themselves, than what experience testifies, supposing he only gathered his ideas from the character of the waters, in facilitating a cure in chronic and other complaints where the endeavours of the physical art could not avail. How amazed must he be to find here, as on enchanted ground, pleasure takes her stand, and in a thousand forms courts his stay! For whilst nature points to the refreshing bath, the salubrious spring, the pleasing walk, the rural ride, surrounded with extensive prospects to strengthen and entertain him by day, she hints the agreeable amusements prepared for him at night, where each sex strives only to be excelled in obliging one another, either at a party of cards, mixing in the dance, or listening to the sprightly music, playing as each one's fancy suggests. All these gay entertainments, taken in moderation, unlock the senses, give full scope to the ravished soul, and charm the dæmon of disease from those haunts consecrated to health. No wonder then, that so many are daily found visiting those abodes, to partake of remedies fraught with novelty, and teeming with a fund of delight, not to be met with in any other rational scheme, that either the physician or philosopher can suggest: less in their commendation cannot be said; to continue the eulogium further, would rather incur censure than praise. However persuasive and beneficial these plans are, in speculation, it must be admitted, their success (ever dependant on a variety of incidents) is precarious, their efficacy of a short duration, and, like unto the burning lamp, require replenishment; though inclination may excite every individual to wish for a trial,

trial, all are not indulged: expence will ever remain a curb to our desires: nor will it be forgot, that disappointment is too forward in waiting on expectation. On what a cobweb shadow of a thread does man's felicity depend! Let the valetudinarian tell, who, at BATH, had every reason to congratulate himself on the pleasing prospect of returning vigour, and in ecstasy sacrificed his crutch* to the tutelar saint, as a monument of benefit received, and for an encouragement to others to turn their eyes to the bewitching serpent, has on his return home, scarce gone through the formal ceremonies of receiving the compliments on those occasions, but some little ach or pain whispers in his ear, *though the fiend was banished, he was not destroyed!* which at once freezes his hopes, and blights in the bud his prospect of promised ease. Self-preservation is on the alarm, to select another charm more potent in its effects, amidst the friendly ones offered by the sons of ÆSCULAPIUS, or the heirs of PARACELSUS. To which of these respectable characters preference would have preponderated, was left undetermined, owing to this visitor frequently intruding on the company, and, in a peremptory, menacing, sneering tone, insisting, that if the faculty were determined to explode the Scurvy, a near relation and fellow colleague, in committing depredations on the bodies of men, they would get more honour by first attacking and subduing one, who had hitherto remained inflexible, notwithstanding all the elegant expressions, and skill of dignified regulars, or the visions of the flying scouts of the irregulars, who might seemingly give a specious colour that they had changed his situa-

* A custom at BATH to hang up the crutches of those who recover, in different places.

tion—But they neither could, nor should be ever able to make him betray his trust, in quitting a post, where, as centinel, he was placed, to watch and give the alarm of danger that threatened mankind, when they choose to indulge themselves too long on Fairies imaginary ground, or deceitful pleasure. If to recommend a variety of other walks, where pain is not so applicable, by a gentle rebuke on the fingers, be deemed vexatious, he should soon give a proof of his authority, and entangle them beyond the hopes of escape, by fixing on a charm of four letters, which will comprehend his meaning—GOUT.

Mankind are naturally impressed with horror, at any spectacle which deviates from that beautiful form which painters draw of the just symmetry of the parts and proportions to resemble that body, the pride of the creation. A person afflicted with the Scurvy, or tortured with the Gout, demands our sympathy, as it excites in us a dread, that we ourselves may one day become objects of their rage*. We shall proceed to review this formidable enemy; and trust it will not be deemed presumption in us to declare, we do not wish to use, on every trifling survey, the optics that has been invented and magnified by several eminent authors, and which has been repeatedly referred to by succeeding writers on this difficult subject: it will be very readily allowed, we are no nearer at this present instant, proclaiming a jubilee for victory than our predecessors.

* The world in general bear hard, to suppose the clergy should be able, at all times, to free themselves from spiritual ills, or the physical from bodily ones.

From nature and experience we propose to draw our outlines, aided by reason, leaving you to discuss the matter at your leisure; and we desire none to follow our precepts, farther than their own dictates coincide. If we fail in elucidating the desired point, we shall do no more than many others have done before, and what is most likely will be expected; however, we shall have the consolation of shewing our propensity towards this desired attainment, bearing in our minds Dr: STROTHER's admonition; "If the art of physic is to be
" advanced, no discouragement ought to be given
" to the undertakers thereof; let each person of
" industry draw out his scheme; if it fails, he has at
" least shewn his good-will, and prevents any other
" from steering in that road; but, if he succeeds,
" he merits glory and thanks."

OBSERVATIONS

ON THE

G O U T.

OF all the disorders, which afflict the human species, none has excited the attention of the faculty to investigate, or raised our admiration so much, as that one denominated Gout. Hitherto we have not been so happy as to congratulate the man who has obtained the laurel, for the best description of the nature and cause of the Gout. Its effects and their prognostical signs, its various degrees of keenness in their paroxysms; its progress, and the different parts of the body where it fixes its seat, &c. have been described with a tolerable accuracy; but its true cause, its principle, its nature, continue enveloped with darkness. Conjectures upon conjectures, systems upon systems, have been proposed by the ingenious professors of physic in every department: urged by a laudable zeal, the promotion of health, whereon is built our chief terrestrial happiness. That this disorder should thus stand singly characterised as undefinable, is wonderful, and shews there must be something mysterious in it, worthy of a farther inquiry.

In the creation we observe in different species, a scale of gradation, gradually lessening, or increasing in bulk, strength, beauty, malignancy, or wisdom; one above the rest, is marked as possessing peculiar characteristics, which eminently shine, and claim our notice, in preference to others. Thus the sun stands unrivalled in splendor amidst the planetarian orbs. For the palm of grandeur among the beasts, who will contend with the lion? where will be found the bird that will vie in majesty with the eagle? or with gold among the minerals? the diamond amidst precious stones? In the mental faculties the same scale is continued; and, though it has not been attended to, we shall find the same cause for the like remarks amongst poisons and diseases: at the head of the latter, we cannot hesitate to rank the Gout as chief, whether we consider its Proteus nature, its dignity in chusing its companions as objects of resentment, also the vital parts of the body to prey on, its duration in tormenting, its effects in maiming and killing, its unsearchableness.

However people may affect to make a mystery of the cause of the Gout, yet there is not a disease to which the human body is liable, but must have an origin, even from the unperceivable embryo, to the glaring painful symptoms that time produces: and though, as in the case before us, it has not been clearly explained what the Gout is, we trust every one will rather impute it to our want of power to penetrate the maze of nature's walk, or to a full comprehension of the human fabric, than that there does not exist one certain cause of the Gout. - However puzzling and perplexing the subject of our inquiries may be, however attended with difficulties,

difficulties, or surrounded with prejudice, so much the more ought our ardour to glow in the laudable search of this intricate arcanum, thereby to expose this *Minotaur*, to whom so many victims have been sacrificed. In order to be enabled to unravel the labyrinth, we must use as a clue, such printed foot-steps of the fiend as evidently mark the road, and shew his frequent walk, by which we may the better trace him. On repeated observation, we find two remarkable places of the body subject to this tyrant's humor, on which he delights to sport; one in the stomach, occasioning a general alarm and dread, so that the patient will very readily agree to suffer any thing he pleases to inflict, provided he will take himself away from the citadel, and go into the suburbs: which humor in the stomach, we shall endeavour to explain by what we see persons suffer, when under the influence of this evil spirit, commonly named the Gout in the Stomach, or Wandering Gout.

That this complaint demands a serious attention, experience every day justifies; for it is of an awful nature, striking terror to the unhappy sufferer, and those around him who are more immediately connected by ties of friendship. We scarce know unto what we shall compare it, that we may with propriety describe its fascinating power, whose malignant effects, though felt, cannot be comprehended: for when a person is seized with it, he is in an instant as if all his limbs and nerves were fettered; a stupor prevails; a numbness creeps through the whole frame, vibrating on the fibres; the lips, though unperceived by others, feel convulsed; such is the languor, that he has scarce power to move, speak, or think; and the least interruption throws him into a violent agitation, which renders him totally unfit for

pleasure or business. To this complaint Sir W. TEMPLE alludes, when he says, “ I remember one
 “ great minister that confessed to me, when he fell
 “ into one of his usual fits of the Gout, he was no
 “ longer able to bend his mind or thoughts to any
 “ public business, nor give audiences beyond two
 “ or three of his own domestics, though it were
 “ to save a kingdom; and that this proceeds not
 “ from any violence of pain, but from a general
 “ languishing and faintness of spirits, which made
 “ him, in those fits, think nothing worth the
 “ trouble of one careful or solicitous thought.
 “ For the approaches or lurkings of the Gout,
 “ the Spleen, or the Scurvy, nay, the very fumes
 “ of indigestion, may indispose men to thought
 “ and to care, as diseases of danger and pain*.”

* Sir WILLIAM TEMPLE, in his tract on the Gout, further observes, that “ The vigour of the mind decays with that of the body, and not only humor and invention, but even judgment and resolution, change and languish, with ill constitution of body and of health; and by this means public business comes to suffer by private infirmities, and kingdoms or states fall into weaknesses and distempers, by the diseases or decays of those persons that manage them. Within these fifteen years past, I have known a great fleet disabled for two months, and thereby lose great occasions, by an indisposition of the admiral, while he was neither well enough to exercise, nor ill enough to leave the command. I have known two towns of the greatest consequence lost, contrary to all forms, by the governor’s falling ill in the time of the siege. I have observed the fate of a campaign determine, contrary to all appearance, by the caution and conduct of a general, which were attributed, by those that knew him, to his age and infirmities, rather than his own qualities, acknowledged otherwise to have been as great as most men of the age. I have seen the councils of a noble country grow bold, or timorous, according to the fits of his good or ill health that managed them; and the pulse of the government beat high or low with that of the governor; and this unequal conduct makes way for great accidents in the world. Nay, I have often reflected upon the councils and fortunes of the greatest monarchies, rising and decaying sensibly, with the ages and healths of the princes and chief officers that governed them.”

Patients, when under this dilemma, are reduced to the unhappy desponding state so often mentioned, that death, which appears terrible to the healthy, is by them courted as a remedy to deliver them from their fears and their sorrows; they rather may be said to slide into his arms, as persons wearied, insensibly drop asleep. This accounts why so many destroy themselves, when under its influence, who feel all those ills they complain of, which others think imaginary; to use the words of the poet, they are ever ready emphatically to pronounce, "Take any shape but that, and my firm nerves shall never tremble." If it was not something peculiarly distressing, would patients compound to feel and suffer any bodily pain in their hands and feet, so that the mind may be relieved from these terrifying apprehensions?

To sum up, in a few words, the various dreadful appearances of this dreadful malady—The Gout is a nervous disease, assuming a variety of shapes and forms. It has sometimes been mistook for hysterics, hypochondriac affections, and cholics; and at other times, for rheumatic complaints, and lowness of spirits; all which are, indeed, nothing but the very Gout itself. Like as the ANANAS or PINE-APPLE is to be considered as containing the taste and flavour of many different fruits, so a great many disorders of the body are, under different appellations, to be found in the Gout. Hence, when in the stomach, it is apt to cause such a weakness and sickness, as to disagree with almost every thing it takes; and by corroding the nerves of that part, spasms, or numbness on the face, as it were a paralytic stroke, will result. When this happens, the patient will be uncommonly cross and peevish. If in the bowels, pains, gripings, and a continual going to stool, will be found

found to follow : or, when in the hands or feet, frequent cramps and burnings, with a fixed pain till they swell, will be the consequence.—That the Gout and Scurvy take their course from one and the same principle, is what we venture to lay down from the fullest assurances of observation and experience.

Notwithstanding the Gout and Scurvy proceed from one and the same cause, their symptoms and consequences are very different. The Gout, for instance, attacks the patient in the meridian and decline of life, by fits at various periods. The Scurvy visits, without distinction, both youth and age, in a number of shapes ; continuing sometimes only during the spring and fall, and at other times all the year. The former too afflicts only part of the body ; the latter very frequently the whole. The gouty matter, though ever so severely felt, is often unseen, while the Scurvy is always apparent to the eye. Those, again, afflicted with the Gout, are confined to their chamber, deprived of rest and every rational amusement ; while those who have the Scurvy, are active, and able enough to follow their usual vocation. The Gout is considered as a respectable complaint ; the Scurvy a despicable one. The first is slower than the last in its progress, but when felt, rages with a much greater violence. The Gout affects the nerves, tendons, membranes, and ligaments ; the Scurvy chiefly the blood and skin, attended with heat and irritation. An acid indigestion, however, and a flatulence attend both, and either may be produced by intemperance and inactivity. The fact is, the difference lies only in the effect resulting from the similitude. If that effect is the introduction of a coarse, heavy, slimy humor into the blood, the Scurvy, accompanied with all its direful train
of

of appendages, such as dry or moist scurfs, ulcers, pimples, and eruptions will be the consequence. If, on the other hand, a fermentation, attended with a volatilization of the most subtile particles of the putrefied matter should take place, it will be found to introduce those violent ravages so well known by the name of the Gout. Hence, we are encouraged to place it in our mind as a fixed axiom, that this disorder is nothing but a subtile, volatile, corroding spirit, raised from the fermentation of sundry multifarious, incoherent, incompatible foods, degenerated into founess and putrefaction, in the first reservoirs of the stomach.

How so small a matter can assume a malignancy from fermentation, aided by weakness or heat of the stomach, joined with the effluvia of the confined putrid air*, so as to vie with other poisons, and act the same, only in an inferior degree, in one person breeding the Scurvy only, in another the Gout, is amazing; or that food, designed to nourish and support the human structure, should change its nature into the reverse, and be the means of debilitating and destroying the body, requires farther consideration to elucidate points so important for the discovery of that misery which thousands labour under. That the foundation of those ills often lie in the patient, must be acknowledged; for however humane our disposition may be to our fellow creatures, and even to the beasts of the field, we are to ourselves severe task-masters, and frequently impose on our stomach to perform the greatest inconsistencies, nay impossibilities; for to

* If stagnated water acquires such a putrid stench, in a little time, as to render it noxious, how much more subtile and fatal must the putrid air be, thus confined, which hinders the proper action of the organs in the stomach from performing their duty?

expect that machine to grind and dissolve, fit for nutrition, a greater quantity of aliment than is required to support nature, which quantity is rendered worse, as it consists of viands opposite in their effect to one another, cannot fail, when thus blended, to compose a strange indigestible medley, one ingredient counteracting another. Whatever ills we suffer from the stomach's refusing to obey our mandates, we have no reason to complain, who throws it back in our teeth with contempt, attended with bitter or sour reproaches. To give language to the stomach it would say—See there the effects of your intemperance! had I distributed this acrid fluid to the other vessels gaping for food, what sort of blood would have been produced, or what pains would you not have suffered? learn therefore to listen to my dictates, and be no longer a slave to taste, whom to please, you torture me, and punish yourself with all those plagues not designed by the Supreme Being. Diseases do not arrive at their height but by gradual and different stages: all constitutions are not equally alike, each has its tendency, its aversions; all are subject to accidents; few being able to boast an exemption from some vexatious malady or another. If you enter a large room of company, who have seen their fortieth year, and examine them, you will find each has a JONAH'S worm, which renders their situation in life so irksome, that one would be tempted to imagine some peculiar disease was destined to wait on each person, as an attendant through the journey of life. To some the lot that falls is marked Scurvy—or Gout; to others the stone, the dropsy, or consumption, &c. each must abide by his chance, and contend with the disease; all the diseases assuming a mask, as if they were dependant
on

on different causes: each may be made worse by abuse; but all may in some measure be remedied, by paying an attention to the stomach; for when it is of itself naturally weak and depraved, or made so by our inattention, crudities will abound, and change the blood from its balsamic nature, to a rancid sour one. When this sharp acrimonious humor is mingled with the fluids, or rather the whole fluids thus changed, it will produce in course an impoverished blood, and occasion a sluggishness through the whole machine, which being repeated brings on the Scurvy, as already hinted. On the contrary, this sharp active humor arriving at that height of acrimony, as to wear off the mucous matter of the stomach, corrodes the nerves of it, whose exquisite sensibility is such, that it throws the whole frame into disagreeable sensations, or convulsions. To this complaint is owing the epileptic fits in children, and to this cause, nervous persons suffer by hysterics; to restore them, they are often plagued with nauseous medicines, such as asafœtida, &c. first introduced to scare away the disease, and rouse the patient from the fit, all founded on wrong principles; therefore no wonder then they should prove inadequate to the purpose. That this poisonous humor is the progenitor of the Gout, is evinced; for if the irritation of a single nerve is so acute as to occasion the unspeakable pain in the tooth-ache, can we expect to feel less when a general alarm takes place in the nervous system, which creates those terrifying effects, known by the appellation of the Gout in the Stomach? That there is an offensive matter no one disputes; the universal cry against the enemy is too notorious: that we do not understand precisely its true nature, we must infer from the readiness of every one to expel

it from the stomach, and their anxious desires to fix it in the feet. If the question be put, what the complaint is they would wish to dislodge? seldom any other answer is returned but this equivocal one, *the Gout in the Stomach*. Dive as deep as you please in this unfathomable pit of perplexities, nothing more appears on the surface, but the characteristic of this grievous malady. The uncertainty relative to the humor of the Gout, is also apparent in the very mode of their proceedings to force the enemy from his residence; otherwise Madeira wine* never would be indiscriminately

* In complaints of the stomach, proceeding from a torpid coldness, or cramp, attended with an acute pain, the sufferer should not hesitate a moment to drink some liquid of a vinous or spirituous tendency, as it requires immediate assistance; in this case brandy will only seem as water. But the disorder of which we have been speaking, is different from this; and, we flatter ourselves, the afflicted will understand it in this light: how far we may be right in our opinion, that what we have related are the effects of the Gout in the Stomach, let others dispute, and prove it otherwise if they can. This we know, there does exist, and too often, such complaints as we have alluded to, and terrible vexatious ones they are: the patient does not always throw up an acid fluid, when he feels a sickness in the stomach, or uneasy spasms on the face, because the stomach can only produce a quantity of froth, having received no aliment for several hours before, which proves it to be a volatile fermentation. Persons under these circumstances, are ever ready to fly to cordials, or wines, to remedy the evil; or, attributing the fault to a foul stomach, repeatedly take vomits; all which, so far from having the desired effect, render the malady worse. We think ourselves happy in having communicated to the afflicted a remedy for this complaint, which is neither costly nor scarce, whose good effects have answered the wishes of those whose lives have been rendered almost insupportable, and who have acknowledged it in most obliging terms of gratitude. We do not recollect where it failed of giving some relief: a single trial is sufficient to prove the assertion. *Directions*: When you find any sickness, or uneasy sensation, throw off the offending matter from the stomach; then take of salt of tartar, or of wormwood, from ten to fifteen grains, on which squeeze the juice of a lemon, in a cup; stir

criminatedly recommended, and other strong inflammatory spicy libations, sometimes joined with opiates and purgatives, to quiet and expel him, or rather to rivit him to the hands and feet. Fatal error! the grand stumbling-block to which so many owe their misery! The very means made use of to extricate themselves, serve only to fix them in the monster's snare the faster, and shew the folly of thus continuing a course, that only entangles the more, by following pilots who display their deficiency of skill by their very proposals: otherwise, why drive it out of the *stomach*, only to lodge it in another part of the body? Why not attempt to stifle the hydra in its infancy, and prevent his growth? at least, endeavour to weaken him in his first workings, when the stomach proclaims the enemy's approach? Not a fly, when he quivers on the web, gives surer notice to the spider that his prey is nigh, than the sickness and uneasy sensation, felt in the stomach, indicates that a something is breeding which nature is terrified at, and would if possible shun.

What the nature of this peccant fluid is to be considered: we have said it is an acid. In order to corroborate the assertion, we shall produce as evidence, persons who are subject to this complaint. How readily they start at the very idea of acids, and complain of some wines; more particularly of that liquor called punch, as having an immediate tendency to breed the Gout; which brings to their remembrance what is thrown off the stomach, being of a pecu-

stir it about whilst it froths, so that the salt may be dissolved, then add a wine glass, near a gill, of cold water, and drink it: the diseased generally find immediate relief. Observe, it is a safe medicine, and may be repeated two or three times a day, if required.

liar corrosive acid nature*, capable of producing all those dreadful symptoms we frequently hear the patients complain of, that it may, with great propriety, be compared to those poisonous effects experienced by the bite of venomous creatures; nor shall we find much difficulty in being certain of it, when we reflect on the amazing celerity with which any thing of an acrimonious nature, externally applied, penetrates the inmost recesses of our fabric; whence we must be sensible that a poisonous matter in the stomach is more volatile still, as it is encouraged by the constant heat of that part. In the bite of a viper, how imperceptible are the drops of liquor instilled by the animal into the wound! That it is of a most subtile nature, no person will contend, since it rushes into the blood, and diffuses itself with such an amazing swiftness, that the whole body, in a little time, is known to be dreadfully convulsed. When we are saying this, we must, however, be understood to mean no farther than a comparison of the attack only, not of the consequence also, the poison of the viper being closely followed by death; though that of the Gout is incontestibly as true and subtile a one. Indeed, the bite of a mad dog, insomuch as it infuses a sort of poison, longer lurking about before it breaks out into any symptoms, subsiding again for a while, then returning in fresh fits by

* In the Medical Observations we read of a person, long afflicted with the Gout, being relieved from it by throwing up a thin, greenish, four kind of a liquor, so sharp as to equal the strongest mineral acid in acrimony. After he had done this, to the quantity of about three half pints, he was immediately eased from his pains, slept five or six hours, and, bating a little swelling and tenderness in the feet, nothing of the disease remained; so that in two days time he was able to go about his ordinary business.

a continual succession of rage and peace, might, perhaps, in point of consequence, claim a preference to that of the viper, though the deposited matter which produces the madness, is, as well as the other, a volatile spirit. So likewise is a certain other one that taints the blood after impure acts of cohabitation, which occasions particular pains to be felt shooting through the body, attended with head-aches peculiar to this complaint, in the course of twenty-four hours after receiving the injury; and all, as far as volatility goes, resemble one another. The only variation is, the one (the Gout) we internally breed ourselves, and all the others we receive from outward accidental occasions. Therefore it is plain, the humor of the Gout shews itself, in its peculiar malignancy, as bearing strong marks of its affinity to the nature of poisons; and, pursuing the same tract, if they affect the nerves and tendons of the human body, so does the Gout; and is the cause of those excruciating pains attendant on the Gout, owing to its preying on the nervous fluid. What that nervous fluid is, we shall explain, by considering the difference there is in the liquids that belong to the human body.

In the Cyclopædia, or Dictionary, on the word Animal Spirits, the following explanation is given: “Animal spirits are a fine subtile juice or humor
“in animals bodies, supposed by many to be the
“great instrument of muscular motion, sensation,
“&c. The ancients distinguished spirits into three
“kinds, viz. animal, vital, and vegetative; but
“the moderns have reduced them to one sort,
“viz. animal; about the nature of which, and
“the matter whence they are formed, great disputes have arisen amongst anatomists; though
“their very existence has never been fairly proved.”

“In

“ In the History of the Royal Academy of Sciences
“ in Paris, An. 1759, there is an ingenious me-
“ moir on this subject, by Mr. BERTIN; he under-
“ takes to prove, that the nervous fluid, or animal
“ spirits, circulate; that if they depart from the
“ brain, they return to it by the nerves: in short,
“ he proposes to form the course of this fluid into
“ a system of circulation, less demonstrable indeed
“ to the senses than that of the circulation of the
“ blood, but in other respects, grounded on
“ equally solid reasons.

“ As it is hard to define what could never be
“ brought under the judgment of our senses, all
“ that we shall here offer concerning them is, that
“ they must needs be extremely subtile bodies,
“ which escape all manner of examination by the
“ senses, though ever so well assisted, and pervade
“ the tracts of the nerves, which yet have no dis-
“ coverable cavity or perforation; nor could ever,
“ by any experiment, be collected, yet are con-
“ stantly moving in vast quantities, as they must
“ of necessity be, to perform all those mighty ope-
“ rations which are ascribed to them. However,
“ the antiquity of the opinion claims some reve-
“ rence.

“ By the help of these spirits, we are furnished
“ with a vast number of precarious solutions of
“ great phænomena; and without them, we must
“ leave a great chasm in the philosophical history
“ of animal bodies. But, after all, the phæno-
“ mena that would in this case be unexplained,
“ are, it may be to us, inexplicable.

“ They are supposed to be separated in the brain,
“ from the subtilest parts of the blood; and thence
“ carried, by the nerves, to all parts of the body,
“ for the performances of the animal and vital
“ functions.”

As the author of the above quotation seems to doubt the possibility of producing satisfactory proof of the existence of these spirits, we shall draw a comparison from the vegetable creation, in which, if we can prove to a demonstration, of different fluids existing, and possessing power superior over others, in the same plant, we do not see how we can hesitate to allow the same acting in our bodies : let us try the experiment analogically :

Animals, and plants composed of various parts, have several fluids appropriated to each distinct office to cherish and enable them to exercise their proper functions; two of which particularly claim our attention, and are so closely connected with each other, that should either be drawn off or injured, not only diseases and decay would ensue, but a total deprivation, sooner or later, of life itself. The first and most essential fluid in man, is the animal æther, which, from its peculiar quality of oiling or lubricating, is termed the nervous fluid, consisting of the finest spirituous volatile particles we can possibly imagine, not seen, but most admirably dispersed over the whole body. In fine, as the heart is the center of motion to the blood, in like manner is the brain the center of motion to the nerves, containing the principles of health and life.—The second vital fluid is the blood, composed of aqueous, gelatinous, sulphureous, and terrestrial parts; the latter of which, while it exceeds the other three in quantity, falls infinitely below them in point of quality. These two different fluids cannot be better illustrated, than by a reference to the plants of the field, which carry in them two distinct fluids, analogous to those contained in the human body, namely, the essential oil, which corresponds with the animal æther; and the sap of the plants, which may be compared to our mass of blood. All

All vegetables contain fluids, which consist of gums, oils, and resins. The two last, being acted on only by rectified spirits, we call spirituous, and take to answer to the nervous fluid in man. As these abound, so the plant is more or less fragrant, condensed, or preserved from injuries ; inasmuch, that some plants, having this animating liquor to a great degree, are found to keep constantly green. The other liquor is the sap or gum, which is analogous to the blood, and is of an aqueous kind ; and when proper menstrua are used for the purpose, they will act on the plant, so as frequently to extract the one and not the other. To exemplify—If we take the green leaf of an herb, and steep it in rectified spirits of wine, we shall soon draw out all the green colour, together with the oily parts, the leaf will be reduced to a skeleton, the solids appearing more plain, and are easily crumbled to pieces.

It is here we would call the attention of the Reader to a true emblem of a man afflicted with the Gout, the peculiar property of which is to prey on this unctuous nervous fluid, without meddling for some time with the blood, as is plain from the effect ; for as this nervous fluid abounds, so the health and strength of the person is enjoyed. It is, in fact, the preserver of all the solids ; and while it continues to run freely through the whole body, every thing will be found to go well. But as the plant, when robbed of its spirituous particles, is seen to die, so man falls into diseases whenever this fluid is diminished ; for it is the life and soul of man, and preserves him in a happy and composed state, giving him health and spirits, in the same manner as the vital oilous part nourishes and defends the plant. Now this fluid cannot be extinguished all at once, unless by instantaneous death ; but
may

may be impaired, as acids corrode, study consumes, excessive heat, venery, &c. diminish; passion absorbs; inactivity contracts and stagnates. Thus would the human frame soon go to wreck, were it not for the intervention of some relief. For which reason, an all-gracious Providence has benevolently ordered, that every animated being should have rest to replenish the waste, as it becomes, from time to time, exhausted. But if insufficient to repair the breach, the oily quality, as we have before observed, unable to defend the particular nerves, becomes exposed to the invasion of any humor, or heterogeneous matter in the blood or body, and falls a prey to colds, frights, hysterics, rheumatism, and the Gout, in proportion as this volatile fluid happens to be affected.

As this precious balsam, this lamp of life, this spirituous æther, for which no epithet can be grand enough, is but small, compared with the other parts that constitute the body, the diseases are but few which fall immediately upon it, but more dreadful than any others. Hysterics is that which afflicts the woman, as Gout does the man, both incurring the character of nervous diseases; for most of the other numerous disorders that fasten on mankind, belong to the blood and viscera, and vitiate the nervous fluids through their sides; and wherever this fluid is found to be defective, whether in the eye, ear, brain, or elsewhere, uncommon pain is sure to be the consequence.

To illustrate the comparison still further.—Take a leaf and steep it in hot water, till you draw out the gummy aqueous parts, the leaf will appear more beautiful in colour than when put in, because the terrestrial parts being drawn away, the fine oily ones, wherein its colour is proved to consist, are preserved pure. Thus it is that trees,

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having

having a larger quantity of oil and resin, to keep them in cold and tempestuous weather, appear green all the year round. The more oil and resin deposited in the vegetable, the more stout and durable it will be. So in man, the more he has of this spirituous nervous fluid, the stronger he is; the nerves and all the solids, deriving their nourishment from this invigorating article. Thus the reason will be easily adduced why that part, in which it is wasted away, should be felt to suffer so severely as it does, whether it be in the foot, stomach, brain, or bowels. As no one can conceive how exquisitely fine the fibres that compose our bodies are, so the æther which supports and nourishes them, must be of a superlative nature, incomprehensible and inconceivable to corporeal matter; for nothing less than a full demonstration of such volatile fluids existing in our fabric, can account for the acute pains experienced, when they are affected by poisonous vapours.

These are the noble parts of the human structure which this chief of diseases feeds on; nor is he less delicate in choosing his objects of resentment, even to a proverb. Long has it been remarked, that the rich, the studious, the voluptuous, persons in high stations of life, honoured with important trusts, often fall victims to his unbounded voraciousness, in preference to the labouring hind. His manner of attacking is different from other maladies; they often dart, and kill at once: some, indeed, make regular advances, and retire, leaving the patient a certificate as a pledge of their returning no more: but this invader displays his subtilty, by first raising apprehensions to terrify the objects of his spleen into his toils, then leisurely fetters and confines them as state prisoners in their chambers: if they are indulged to go abroad,
his

his badge accompanies them; if they murmur at their irksome situation, a mirror is displayed which represents to the sufferer's view a number of his slaves, whose only comforts consist in making comparisons, congratulating one another, and patiently waiting for their release. Thus, whilst the attention of the afflicted is drawn off, and deeply engaged to disentangle their hands and feet, the tormentor is busy in sapping and destroying the fountain of life, being determined to kill at the last, in order to complete his number of yearly sacrifices.

Should it be thought we are too free in characterizing the Gout, we have only to add, in the medical libraries you will find a numerous collection of his portraits drawn in sable colours, in different attitudes.—What has been the effect—but a tendency to impress our minds with additional terror, already too much burdened by our childish fears? Our hatred keeps pace not only against this usurper, but his assistants. A greater promoter of the cause of either the Scurvy or Gout, hardly can exist than melancholy. Neither does our mode of expression arise from any consciousness of superiority in skill, being too well convinced we shall fall short in solving this Gordian knot. After all our labour and researches, diffidence will best adorn the page of the inditer, whose wish centers in an affectionate desire to rouse the attention of the afflicted, to use their own reason, nor let any longer idle tales*, propagated

* No disorder, perhaps, requires greater attention, or more judicious treatment, than the Gout. The general notion, which people have so strongly imbibed, that the Gout is incurable, has, by the countenance received from the writings of many of the most celebrated and able physicians, has raised such a strong
 1 2 prejudice

pagated by error and ignorance, remain as a bar to this hydra's cave; whose fort, we do not scruple to say, is not impregnable: his beginnings may be traced, his various intricate windings unfolded, and, if not totally subdued, may be withheld at a distance, so as to render life desirable in this transient wilderness, where the scene, when viewed from the pinnacle of health, oft, in a moment unexpected, changes to the vale of infirmity: for the Gout is no more than a natural consequence derived from our fluctuating passions, our mode of living, the imbecillity of our bodies, preserved only in a tolerable state of sanity by attention and industry: the least relaxation on one side, the too free indulgence on the other, is sufficient to create ills which require time, sagacity, resolution, and perseverance to brush off, repair, and beautify the human structure, to render it fit once more for action, in the station assigned to it by the great Ruler of the universe—A narrow path, indeed, for man to tread, on whom censure often hastily, and unjustly falls, as if he was a free agent, instead of an almost; for we cannot deem that creature free, who is not master of his own temper and passion. We are of that pliant nature,

prejudice in the minds of the generality, that they are totally deaf to all reasoning, lost to hope: so firmly are they persuaded that no relief can be expected from art, the cure is left to nature; and Patience and Flannel are become quite proverbial among the Arthritics. In consequence, it is amazing to see what pains the patients take to increase the inflammation, by wrapping up their feet in wool. On this occasion Sir WILLIAM TEMPLE jocosely said,—“They make much of the Gout as soon as it comes, and yet leave not making much of themselves too: they take care to carry it presently to bed, and keep it safe and warm; and indeed lay up the Gout for two or three months, while they give out that the Gout lays them up.”

easily

easily impressed, and tossed about, ruffled by little trifling accidents, which we know is a folly to give way to, yet we can no more help it, than the water being raised in curly waves when agitated by the wind. These little incidents ruffle our frame, and are sufficient to create ferments, which not being checked by us, or awed by law, may burst forth either to our own destruction, or that of another; therefore we say almost free; for free we are in some respects, and seemingly quite so to others, who think we may choose either to go or stay, to commit or desist in an action, perhaps neither justifiable to conscience or to the world. Yet every one carries within themselves some secret force, or agitation, which compels them to proceed, though with reluctance, to the very point, where they dread yet long to dwell, until the ardent fire is quenched, either by fruition or completion, regardless of the consequence; and it is only owing to the prudent management of steering our bark through the gulf of these necessitous circumstances, that we escape accidents which must happen to the heedless indolent wanderer; so that by attention, in a certain degree, it is in every one's power to obtain or shun the Gout, or some other disease, prolong life or shorten it, make it agreeable or miserable, respectable or contemptible.

“Man,” it is said, “cannot live by bread alone,” which also implies, he cannot live without using a multiplicity of means for his support and preservation, to keep in continual motion his machine, even from the infant state to decrepid age. There must be a continual supply given the body to enable it to act; and there must be a continual exertion of his mechanic powers, which are so far from being weakened or hindered in their functions

functions thereby, that it affords him encouragement to continue, by giving additional strength: this is not instanced by one action only of our bodies, but in general, even the lungs are strengthened by reading aloud. Though man is impelled to move in his orb by constant circulation, he seldom fails when occasions offer of paying a compliment to his ease; by this means disorders enter, which, rendering his situation irksome, rouses his attention to shake off so disagreeable an intruder on his peace.*

The rich, having a greater opportunity of enjoying their ease, and the power of gratifying their taste more than others, to whom fortune has not been so liberal, is one reason why this disease falls to their peculiar lot, and which may be accounted for agreeable to the rules of mechanism; for if any machine is neglected, or a greater weight is laid on it than it has power to bear, the consequence is a total stoppage, or a fracture; in either case it must prove prejudicial. It is obvious

* We have often sympathised with the patient whose vocation and circumstance has chained him to a spot where nothing but a miracle, or total change of living, could promise a respite from this inexorable disorder; and where the patient, as to diet, has been abstemious to a fault; but for want of a more active employment, a purer air to breathe in, and, what is most material, an easement of mind, he is bowed down with an incurable malady beyond the reach of medicine; which brings to my mind an anecdote of a physician who had attended on a lady several times, but generally found her worse, who endeavoured to hide the real cause of her complaint, and begged he would not trouble himself any more, as she knew it was to no purpose. His penetrating genius, aided by a benevolent heart, the greatest ornament of human nature, persisted in trying his skill once more, which should be the last if it failed. When he was gone, instead of an unmeaning scroll, a jargon of technical terms, a bill on sight, drawn on his banker, stood apparently suitable to her present wants, and which did honour to the prescriber.

the Gout in the feet is a distinct disorder from that generally complained of in the stomach. Though time immemorial has sanctified a farce commonly acted, of expelling the gouty humor out of the stomach down into the feet, in order to make the charm have its proper effect, stimulative medicines are given to facilitate the desired wish ; yet we will be bold to say, a fit of the Gout in the feet, cannot be produced by the medical arts used to draw it out of the stomach, without they first can explain what that hocus-pocus matter is composed of. Persons who are subject to the complaint named the Gout in the Stomach, are of a constitution too weak to bear strong purgatives, without a manifest injury. Secondly, Gouty matter in the hands and feet will settle by the laws of gravity, and is exemplified in those persons who live freely, giving way to indulgence, trusting to the strength of their constitution.

Our fluids, like many others in the world, are only moved by certain degrees of heat : thus that heat which will cause lead to flow, has no effect on silver : there must be a warmth to keep the blood in circulation. In the fluids in the human body, there is a certain heterogeneous matter of a sluggish nature, which requires a greater heat to dissolve and raise it than others, and nothing but action will keep it suspended. Now as the feet and hands are at the extremities of the body, they do not retain the heat in equal proportion with the rest, therefore only the finer or more rarified blood is returned back ; the dead inactive matter is chilled and left behind, and forms that unnatural offspring, which afterwards hardens into those obstinate swellings called nodes, chalk-stones,

stones, &c.—Is not this chalky matter analogous to the scurf that we see thrown off the body in leprous cases, or to the stone that we observe is found in the bladder? Or is it not formed like extracts in pharmacy, as liquorice, by evaporating the water till nothing is left but the hard cake? whereby the fine fluid is drawn off by the heat of the body, and the humors left too thick to be assimilated and carried through the proper emunctories or pores of the skin. Again, if we consider with how much difficulty the liquids pass through those parts which are generally first attacked, we should not wonder why the Gout should be felt in the feet, since they suffer so great a pressure about the heel, having the weight of the whole body to sustain, as well as being far removed from the heart, the source of circulatory motion, they are subjected to cold and moisture; and the liquids too, brought down to them through the arteries, ascending through the veins again, have the general effort of gravitation to overcome; all which most plainly demonstrate, how easily matter of one kind or another may be retained and collected at these places. If, at the same time, we take into our consideration the number of ligaments, tendons, and other parts, which from anatomical injections, appear to have vessels of incredible minuteness, we shall readily comprehend how so great a number of obstacles occur against a free circulation of the blood. Can we wish for a greater proof, that the effect of the Gout proceeds from a natural cause, than that one circumstance frequently seen, without creating any emotion of surprise, in aged horses when they stand in the stable, using little or no exercise, their ancles inflame, swell, and become lame or gouty. To prove this assertion,

we

we need not go far, as it is founded on clear and just principles. We are strengthened in our opinion by another striking similitude of the effects of indolence, observed in children labouring under the disease of the Rickets: the joints of their hands and feet are attended with swellings, and so keen a sensation, that the least touch, or even an offer to move them, creates a dread and pain so exquisite, that it forces them to utter their feelings in piercing cries, expressive of the distress they undergo*. The cause of this infirmity is not so much as questioned; it is universally ascribed to want of proper attendance in the nurse in exercising the infant.—May not they be said to have the Gout in miniature? Do not these complaints throw some light on our benighted inquiries, and prove that there are two sorts of Gout; the one a nervous one, offending the body in general, beginning in the stomach; the other proceeding rather from inactivity, affecting the feet and hands only of the person, whose constitution is otherwise strong, and will digest any food or drink he takes, without meeting any inconvenience on that account?

Relative to the nature of the gouty matter, various opinions have been formed; though a corrosive acid preponderates in weak habits, and thereby creates a multitude of nervous and gouty complaints in the stomach, yet we do not know any instance, where the blood drawn from gouty persons has imbibed any acid taste; yet by

* Grown persons have endeavoured to infuse into the breast of the by-stander an idea of his sufferings, by comparing the pains he feels, to the supposition of a dog gnawing his flesh. The pressure of the cloths, although lightly put on, is scarcely bearable. The shaking of the room, or walking briskly over it, are motions which harass his nerves to a degree of distraction, and visitors are admonished not to give offence by a careless step.

the repetition, and the disordered state the patient is continually thrown into, owing to this circumstance, the blood and other fluids revolving in the body, must be affected and infected by poisonous taints. Others have asserted, that the matter which causes the Gout is of an alkaline nature, and, as a proof it is so, they produce as evidence, the chalk-stones formed on the joints of patients, on which matter acids ferment and destroy, when it is separated from the joints. It would be proper to inquire, what is there scarcely that acids will not penetrate? Are not these chalk-stones, which are thrown out on the extremities, the refuse of all the impurities of the blood? Can we judge of the pureness, richness, and strength of the spirituous waters or cordials, by reviewing and examining the dregs only left in the still? or can we, by observing only the *caput mortuum* which settles in the retort, conceive the powers or the beauty of the menstruum brought forth? or, will the ashes give you any idea what the coals were, did you not know it? For these reasons it is hard to judge of the true nature, violence, and malignancy of the disease, either in its infancy, or when raging in its full meridian. Whatever the matter was in its original, in its progress it has many changes, variations, and at last ends in a painful inflammatory disease, attended with swelling, almost insupportable to the sufferer, if he was not buoyed up by hope, to expect a releasement after a certain period of expiation; and so far as it threatens a dissolution to the human body, the word alkaline is applicable in its last stage. In other arts, we can easily discover the cause of a defect in a machine constructed by ourselves: not so in our body; because it is the work of one whom we cannot comprehend.

Neither

Neither can we fathom, or explain the inmost recesses and operations of nature. Vain, therefore, will be our attempt to produce to ocular demonstration the identical matter :—struck on our bodies which are as capable of imbibing the semen of disease, as tinder does the spark when flashed from the steel ; whose power, if not extinguished in the first glow, gives time to form itself into a mucous obstruction in the joint ; nursed by heat, and fed with indolence, soon grows so large as to overpower the patient. Then the Gout is in his glory, and triumphs over deluded mortals, who have sacrificed felicity for the *ignis fatuus* of a visionary phantom. Absurd as it may seem, a person must be a stranger to the world, who has not observed how restless and dissatisfied we are in that situation, where health, independance, and plenty, are attendants, thirsting after increase ; not that power of enjoying more is expected, but that we might view ourselves in others eyes, and be by them admired*. At children's endeavours to beguile the day, and the trifles which content and amuse them we often smile :—we should do well could we act as wise ; with thankfulness enjoy our hour of play, and when the call of bed does come, as cheerfully obey.

That no censure should cleave to the faculty, in not extirpating this adversary, fame is introduced as lending her assistance to heighten the colour, and describe the force of this ravager, already sufficiently terrible, more formidable in asserting

* Many lords of the creation, who hold their domestics in a servile view, on a retrospect, the lord will be found to be the greatest servant ; his assiduity to please the most ; often harrassed by the gout's chief emissary—vexation.

that the effluvia of the Gout is infectious; and when he can once gain admittance into a family, he becomes part of the inheritance.

That a few authors have affirmed the Gout may be obtained by infection, must be acknowledged; three stories are gravely told to confirm the fact. HELMONT relates of a lady getting the Gout by sitting in her brother's chair. WERLOSCHNIGG of one wearing another's boots who had the Gout. And BOYLE of a dog lying at the afflicted's feet. That several unaccountable phænomena have happened, contrary to the course of nature, we do not deny. From these circumstances we can by no means pretend to favour the report that the Gout is infectious; nor do we know who would wish to prove it so; and, if proved, what an unhappy, melancholy situation would the patient be reduced to, by this additional evil! It is a lamentable sight to see a fellow-creature crippled; to hear his groans, when labouring under acute pain, is more so. If this was the case, that it could diffuse its malignant powers from one to another, who would be found striving to administer consolation or relief? The thought is so very contradictory, so repugnant to nature, and teeming with misery, that we heartily reprobate it, and put our negative to this absurd notion, however graced with any name. We rather think the circumstance which has countenanced this notion, to have arose from some accidental cause very commonly met with. A partner in life, or near relation, by long watching and close confinement with the sick, naturally contract gloomy ideas, joined with anxious hopes and fears for the welfare of their friend, which affects their health, so as to require the assistance of a nurse and doctor themselves; on which account,
many

many have been induced to fancy they have caught the disease immediately under their inspection.

Truth, however beautifully drawn, does not always appear amiable to the beholder. In asserting the Gout is hereditary, universal report, strengthened by our fears, has gained credit. For what reason we cherish an opinion capable of much harm, and which answers no other end but to intimidate, that we may become an easier prey to the Gout, will be difficult to give a satisfactory answer. We see no reason for acceding to a supposition, where many substantial arguments against it may be advanced. It is agreed, that the Gout does not always pursue the regular course of attacking father and then the son, but often lets the son go free, and the grandson shall be the victim; this indicates the chain is broke. That children from aged or sickly parents, are not so strong as when proceeding from young and healthy ones, cannot be disputed; but in the case relative to the Gout, the parent suffers many years after the child is born, owing to his decay of nature, or other visible cause. There are many who have been said to die of the Gout, whom a sedentary course of life, or uneasiness of mind, more properly might have been applied as the cause, lying at the heart, thereby hindering all the powers from moving in their proper spheres. It gives us pain to hear persons assent to such notions; we are all undoubtedly heirs of mortality, and our whole life, as tending to decay, may be said to be one continual disease: for these reasons, we will not allow of the Gout being hereditary. In order to illustrate our assertion, let us suppose a man very much afflicted with the Gout has three sons, the one he brings up to an active mechanic business, the second to divinity, and the third to the law:
now,

now, will all these have the Gout? or which is most likely to have it? temperance and prudence are supposed to preponderate in each. We say the mechanic is not likely to have it, on account of his active employment: the divine has a fair chance for it, as his profession is not so active, and being of a studious sedentary cast: the third, who is bred to the law, may, from the intricacy, the perplexity, the assiduity, and very close application to writing and study his occupation requires more than that of the divine, is a character wherein the Gout may naturally be looked for, and it is almost twenty to one he escapes: had the third son been bred a mechanic, and the first to the law, then, *vice versa*, it would have produced the like circumstance. Now will any one say, that he who is brought up to the law, has it merely because his father had it?—we trust not. And this accounts why intense or over study, in the intellectual pursuit of favourite objects, stands a very common occasion of the Gout: a melancholy truth, too well established by the sacrifice of many a valuable member of the more learned part of the community, to be at this time of day called into question. Wholly absorbed in the contemplation of the work before them, the studious pay little or no regard to diet, sit up late at their nocturnal lucubrations, neglect all manner of exercise; and, by an unremitted succession of thought, strain the nerves of the brain, till a pain of the head is produced, in the same way as the nerves of the eye become strained when looking too long through optical instruments: for that volatile fluid which is ordained to cherish and oil, as it were, all the nerves, and particularly those of the brain, hurried by this constant study is evaporated, and thereby leaves the nerves bare;

so that pain and weakness experienced in gouty and nervous complaints, may be expected. In allowing this, no difficulty can possibly subsist, when we consider, that upon desisting from this intense thinking, or vexatious state of mind, whatever inconvenience may have been occasioned in a little time will cease.

In the chimerical catalogue of events, drawn with great precision by scientific writers, as giving provocation to the Gout, or rise to the Scurvy, there are many enumerated which we shall omit, as they afford little instruction or entertainment; nor is any security insured of escape, by a rigid non-compliance. To avoid these rocks of suspicion, we must be new organised into a different sort of creatures, insensible to the charms of Venus, Bacchus, and Ceres, three tutelar deities, so pleasing in their taste and manners, that there cannot be a more ominous sign, than when we begin to treat with neglect those cates prepared by them, on which is inscribed at large—DIET: a dish containing so many different sorts of luxuries, excites our curiosity more so, as it has furnished a cloak for censure against the liberal partakers. Withdraw the cover, view it in its proper colour, and with becoming freedom, expatiate on the desert—A privilege allowed by nature's God.

OBSERVATIONS

ON

D I E T.

IN the prudent use of this essential article, all mankind are interested: on this depends, in a certain latitude, any ease or felicity that may reasonably be expected. There are two predominant passions, equally irresistible, implanted in our nature, the one to preserve ourselves, the other our posterity. Each of these has such strong incitements, such prevalent propensities to indulge, even to excess, in the charms of its object, heightened by pleasures easier to be conceived than expressed, that nothing but a decay of those faculties, or an extinction of life, can make us wish to forego the ecstacy attending on them: each has its allurements, and scarce is one passion gratified, but the other is thought of; so desirous are we to communicate whatever is found pleasing, or tends for the good of society. However conducive these passions are to our entertainment, our preservation, our happiness, they must be governed by the tree of knowledge, springing up in every one, called *reason*, otherwise a general anarchy ensues; and sickness, with all its infirmities takes place, succeeded by untimely death. That many errors indiscriminately arise, for want of better judgment

judgment relative to our Diet is certain: how to steer in an even course, that we dash not on either side of the extreme, is a nice point. Hurried on as we are by our imagination, our active volatile powers, that constant desire of experimentally knowing good or evil, requires the wisdom of a superior being, divested of such wants as we daily feel, to direct and determine. Volumes on volumes have been written on the subject, some declaiming against this food; others that, as encouraging peculiar diseases, without shewing good cause, which only mislead; for constitution, that varies as much as one face from another, will be a bar to certain invariable rules for our conduct. Nature is ever ready to point out, and constitution best determines, what is fittest for its nourishment and support. To this guide let us pay due attention in the following observations.

The human body, supported as it is in its functions, by nothing but a perfect equilibrium of ascending and descending powers, cannot incessantly exercise those powers as it does, without suffering, at the same time, a continual, a necessary, and an unavoidable waste thereof. This waste is manifested to us by a sensation to which we have given the name of *hunger*; it is this sensation that prompts us to introduce into our machine, such materials as may contain, according to the constitution and fabric of each species, the particles proper to supply the deficiency occasioned by the aforesaid waste. Hence food, its necessity, and the natural tendency every animal has to imbibe it, becomes apparent to the slightest effort of the understanding.

The seeming and wonderful sagacity, every individual discovers in the choice of the materials which best suits its constitution and conformation,

might here, and that too with no great impropriety, be elevated with those decorating terms into which many of our authors have run, of direction, instruction, inspiration, or wisdom, implanted by nature in the stomach, but which, indeed, is nothing more than the mere effect of that irresistible tendency, which divided homogeneous particles have of uniting together. From which it is plain, that there must exist an homogeneity between the parts which constitute the sheep and the grass of the fields; and invertedly, there must exist also a perfect heterogeneity between that same animal and the roasted or raw flesh of an ox, or that of a turbot; since, greedy after the one, he lances towards it, and thrives upon it; while, averse to either of the other sorts of food, his repugnance to it is so strong, that you might see him waste absolutely to death, should you put before him nothing else for his support*.

The chymical dissolution of that food in the pocket of the stomach, which we know by the name of digestion, produces a resolution of it into its distinct, separate, primordial, and originally constituent parts; whence the subtile ones, which are homogeneous with the fabric of the animal, pass into it as supplies and recruits, to repair the waste occasioned by the friction resulting from the exercise of its powers; and the coarse, useless, component parts, which served only to the configuration of the food, are thrown out as excrements. The continual and uninterrupted exer-

* Led by sagacious taste, the ruthless king
Of beasts, on blood and slaughter only lives;
The tiger, form'd alike to cruel meals,
Would at the manger starve.

ARMSTRONG *on Health.*

tion of those economical functions, or actions of the powers, incessantly wasting, and as incessantly recruiting, in an organical body, is what is understood by the word *life*.

From this succession of observations, we seem naturally led to admit of a conviction, namely, that the least erratum in the quality or quantity of the new and fresh particles re-introduced into the human frame, for supplying the deficiency of the wasted ones, must unavoidably be productive of great irregularity and discordance in the movements, functions, and operations of the machine; which discordance, if not timely rectified, must disorder or destroy it entirely. Improper aliments always produce that erratum, the fruit of which is that very discordance in the operations of the engines of our fabric; or, in plainer terms, the diseases and disorders to which the dominion of man seems peculiarly subjected.

The comparative view of the natural, steady, and persevering healthiness of brutes, with the variable state and ailings of man, seems to bring in this curious and very interesting question:—What mode and sort of food is proper for man to use, to preserve that freedom of his faculties in the same degree, as on observation we find they experience? The answer is soon found, which militates against us. The brute creation, when impelled by hunger, search for food, partake until nature cries sufficient, then they retire to digest the aliment which satisfies, until the sensation of hunger calls them forth again: they eat to preserve life: man often, to please the palate, sacrifices his health, by trying a thousand expedients to give a higher relish to his food, which opens a sluice to innumerable complaints, but more particularly the Scurvy, Gout, and fevers.

The poor in the country, by their manner of living, which comes the nearest to that of the brutes, is the reason why they enjoy their health better, and live to an old age. To enter into a microscopical scrutiny of every article of our Diet, and shew how all our food may harbour poisonous matter, or how it is adulterated; is reducing us to a dreadful dilemma, equal to DAMOCLES, who, when he sat at his meals, had a sword hung over his head, with the point downwards, suspended only by a hair; or, like SANCHO's sagacious physician, in the island of which he was governor, found fault with every dish, and had it removed, as productive of some bad quality, thereby endangered his excellency of being starved. For these reasons, we shall consider our constitutions, and those species of food which are commonly proscribed, as favouring the increase of either the Scurvy or Gout, which are contained under the following denominations, viz. acids, wine, punch, tea, butter, fat and salt meats, high seasoned food, &c.

Before we examine our evidences, to prove these are enemies to the nature of man, we must first inquire whether all persons do reprobate this sort of food.—No, far from it; for there are perhaps as many thousands with whom it does agree, and is much esteemed. Then what the reason is why those ingredients, which take in so great a latitude of our Diet, are thus so generally prohibited, and that by the faculty, demands a serious consideration.

Man is supported by one continual chain, each link consists of a contrary to the foregoing; for whether we consider him in his infancy, manhood, or old age, whether he resides in the northern or southern climate, he will find that food which
supports

supports him at one time of life, or in one country, in another would prove insipid, and inadequate to continue his existence: or in one age, what would seem too hot and fiery, in the more advanced part of life will be found comfortable, and in some measure supply the defects of nature. The same reflection will hold good in whatever part of the globe we travel, where we shall perceive different species, different manners, different viands, different customs and commodities, all proclaiming the wisdom of the great Donor. So that we esteem it a very foolish absurd maxim, to lay a general prohibition against any particular aliment, and have seen much harm done thereby. We know from whence this evil has sprung. There are two adages made use of in common, viz. "One man's meat is another's poison;" the other, "He that lives physically lives miserable;" both equally true: for there are two distinct constitutions existing, very common to be met with, preponderating in each individual, which we shall distinguish by the epithets of a strong constitution or a weak one, a hot or a cold one. It is for want of this knowledge, relative to these matters, that mankind fall into repeated errors, thereby rendering their lives miserable. For it is evident man is a machine which requires a constant supply, otherwise this wonderful movement ceases to display that vivacity and superior talents which he possesses, and sinks into an inanimated lump of clay. There must be particular materials selected which will readily mix, and from which his stature is increased, or his being supported: there must also be a receptacle to deposit the matter intended for his nourishment, and that matter must undergo various chymical operations, perfectly agreeing in the vessel of digestion called the stomach.

mach, which is the receiver and first digester of our food. It may not be improper to remark, that there are three digestions; the first in the stomach, the second in the blood, and the third in the capillary vessels: there are likewise three emunctories to answer them, namely, by stool, urine, and sweat; so that the whole aliment must be evacuated or secreted, through the one or the other. It is also necessary to observe, that to dissolve the same, there should be a certain degree of heat, not to exceed in either extreme, which would act the same on the human body as in distillation; when, if the fire be too small, the steam containing the pure part or essence of the liquor, cannot be brought over; while, on the other hand, if the fire be too fierce, it forces over the ingredients, and spoils the operation. This will explain the difference of constitutions. In some persons the food will lie heavy and inert, owing to a coldness in the stomach, which causes pain and oppression. This accounts for the complaint old people experience in a discharge of phlegm, arising from half-digested victuals, for want of a proper heat and strength in the organic powers of the stomach, which as they decay, the phlegm increases in consistence nearly equal to glue; thus the small vessels, wherein lies the strength of man, receive not their customary necessary supply. In these cases, something warm, either of a vinous, spirituous, and sometimes of a purgative nature, should be added to assist digestion. In others, whose constitutions are over hot, the contrary complaint will occur; for the aliments being dissolved too quickly, or rather torn in pieces, and the coats of the stomach relaxed, the food, by fermenting too hastily by over heat, is changed into a sour mass, which causes uneasy sensations.

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The stomach, therefore, judging it improper for the nourishment of the body, casts it forth without straining, frequently with an acidity verging in its nature to those poisonous corrosive acids, which eat and destroy almost every substance they come near. In the case under our present consideration, we think, without presuming too much, we can explain the effects clearly, and account for all the maladies experienced arising from this circumstance. Persons, on finding their food to be thus troublesome, are desirous of hushing it by a dram or cordial, &c. this renders the evil worse; for the stomach, already relaxed, by the additional heat of spirituous liquors, is rendered still more so. This is the reason why the food is ejected, without affording due nourishment to the body, and gives rise to that languor of which nervous persons complain bitterly, and is the cause of head-aches, and other hypochondriac symptoms, deemed by some wind: therefore, persons who are subject to this tendency, will find butter, soups, boiled meats, much drink, especially warm, also punch, or spirituous liquor, are Diets not so proper for them; whilst, on the contrary, abstinence, salted, smoaked, roasted victuals, with little drink, and that cold, to brace and strengthen the stomach, will be found applicable for their nourishment, and agree with them who in general are in better health in winter than in summer. On the contrary, those of a strong constitution, whose stomach is cold, may eat butter, fat meats, broths, wine, punch, &c. because they relax, and are friendly to their habit of body. Those persons who have a strong constitution*, and as good a digestion,

* A good constitution is made of a proper proportion of alkalies and acids. Wherever one of these two qualities is predominant

digestion, not meeting with any impediment in the first passages, are apt to over indulge themselves, thereby force a greater quantity of crude matter than the second digestion in the blood can manage to any good effect; so that patients of this kind, by so doing, have little or no advantage over others, whose stomachs are more delicately made, and seem to be on their guard not to admit all that a vicious palate would swallow. These last are subject to the Gout in the stomach, and

minant in a body, it is what we understand by a weak constitution; because there will be one sort of aliments which, disagreeing with the stomach, will not digest, but hurt it; and that stomach will be said to be poor and weak. In such a case, was that person only to inquire into the nature of that sort of aliment he finds disagreeing with him, whether it be of an alkaline or of an acid quality, he would soon find the disagreement to be owing to nothing but his constitution happening to be precisely of the same quality with that sort of food which most disagrees with him. Whence he must conclude that, by using other sorts of aliments of the opposite quality, and consequently contrary to that which is predominant in his constitution, they certainly would agree perfectly well: in the dissolution they are to undergo by digestion, they would furnish that sort of quality which is most deficient in his constitution, and thereby counterpoise the predominancy of the other. By a proper and watchful attention to the effects our aliments produce in us, we might save ourselves a great many disorders to which, for want of it, we become a prey. For this is the real and only reason why we find some people, who shall be fond of lemons, oranges, currants, gooseberries, vinegar, verjuice, punch, lemonade, &c. while others will dread nothing so much. The former are evidently of a predominant alkaline, the latter of a predominant acid constitution. By the word alkaline is to be understood an opposite tendency to an acid; as fixed salts, such as salt of tartar or wormwood, which when joined with the juice of lemon, ferments; or milk with acids coagulates: also when persons are feverish, then are they in an alkaline state, and require the free use of acids: all sorts of meat, as they hasten to putrefaction, are alkaline: also greens, as cabbages, &c. and there are many vegetables, which come under the neuter gender, neither alkaline or acid; whilst, on the contrary, fruits and wines are acids.

other

other nervous complaints : the others, of a strong temperament, are more subject to the Gout in the feet : both constitutions are liable to the Scurvy without an exception. The uneasiness frequently arising from our food, makes us desirous of discovering whatever impropriety we labour under, either in the preparing or distributing of it. Intemperance of every kind is hurtful. It is well known the body can dispense with but a certain quantity, to keep up the necessary equilibrium of the body ; a supply then becomes necessary, at stated times, adapted to each person's feelings. The question then arises, Do we not exceed in the number of our meals ? It is recorded, that the Romans made but one meal in twenty-four hours, and that at night. Let the Italian change his climate for a northern one, and then judge if one will be sufficient. We do not say four meals a-day are necessary, as is customary. Custom is a tyrant which hath enslaved us in many things, contrary to our reason and experience ; for custom has established noon as the proper time for the chief meal ; whereas, in several respects, night is judged best. The reason for giving the preference to night is, that the stomach should be at work while the other parts lie dormant ; and the natural propensity to rest seems to indicate as much ; a rule which is constantly observed by other animals in the field. It has also been quoted, how many eminent ingenious men have been able to discourse wisely on intricate subjects before dinner, and after scarcely comprehend what they had explained before. The French, and those who inhabit the West Indies, make their principal meal at night. The merchants in London and in Dublin, act prudently in protracting the hour for dinner, until the important business of the day is dispatched. Any

one who wishes to consult either the doctor or counsellor, in any matter that materially concerns him, will do well to choose the morning; for meat has the same effect as drink; the stomach being overpressed, hinders the free circulation of the blood, and forces it into the face, and other extremities of the body, and occasions the lifeless motion, or a flushing of the face, observed after meals; also the fumes ascending into the head, cloud the faculties the same as strong wines, &c. which stupify. How far night may be best for all constitutions to regale themselves, and leave off dinners, experience only must determine: but for persons who have a weak stomach, they should particularly make their chief meal at night, eating but little in the day; it will agree best, and be no hinderance to their rest; for the least motion in the day time, after meals, disturbs the food: also if they drink much, it causes such uneasiness, that they cannot rest until it is thrown off the stomach. Allowance, in all cases, must be made for constitutions, climates, emergencies, &c. therefore we must not leave this subject without making this prudent and rational reflection: That people should be more cautious in recommending certain diets or remedies to others, on that sole ground that they themselves have received great benefit from them; for they may very well fail with others, although they have succeeded with them, and that by the sole reason of the difference of constitution.

WINE considered.

AS the very name of wine conveys something pleasing to our ideas, it is with reluctance we enter into a discussion of the evil effects laid to its charge,
as

as producing the Gout. How far a liquor held in so great esteem, can be capable of such a vice, must be examined. In the praise of wine, history, both sacred and profane, in all ages, has been lavish in its commendation. A convivial feast would seem gloomy and insipid unless graced with the sparkling goblet. Such are its potent charms, it banishes care, and bids the despairing wretch be happy. At other times, it is poured out in libations to cement the bands of friendship. If it can be proved, that, instead of being a solacer to man, it has only assumed the cordial mask, in order the better to practise the iniquitous treachery of destroying him, man should not only cease his care to cultivate it, but tear it up by the roots with indignation.

Judges, in all cases, do well to remember that excellent motto which graces the Chamber in the City of London, *Audi alteram partem*. We are too apt to imbibe unfavourable notions from present effects, without tracing the cause, and ever after retain a prejudice against the ingredient we suspect as the author of our sickness or that of others, thereby living in constant fear; for this reason, we treat on Diet different in some respects from other medical writers, only examining suspected aliments, which are good of themselves, but through abuse, or defect in our constitution, or of judgment, render them improper for a season; on this circumstance they are often laid aside totally; and evils are attributed to them, not in their power to bring about singly. It is scarce possible to find any article of our food, but at one time or another, it has been found inconvenient, and greatly complained of.—Here wine is by many particularly objected to, by reason of its acidity, thereby

encouraging a nervous disposition, or the Gout. That providence has supplied every country with its proper aliment, on which, were the inhabitants to confine themselves to the use only, perhaps life might be continued longer. In this extensive delightful garden of Eden, stocked with a profuse variety of eatables, we naturally wish to taste and partake of all that is found pleasing to the sight, and agreeable to the palate: in this wish centers the main spring of our trade and commerce: for this purpose we see the busy tribes passing backwards and forwards, crossing deserts and seas, mutually changing the product of their country; amongst the rest wine, as it contributes to trade, to entertainment, to medicinal uses, employs the notice of man in an eminent degree. How wine comes to be censured on account of its acidity is easily demonstrated; from a similar cause, which has raised the chief objection against all those articles of our food, viz. a weak indisposition of stomach, relaxed by heat; for as to its acid qualities, they are its greatest ornament, and best commendation; for what is fruit without it? or rather what should we be, or where is the wine found defective of this characteristic? not in those wines who assume the cloak of sweetness to the taste; they are, in their digestion, of a more tenfold acid nature, and less friendly to mankind, as they quickly pall the stomach, and bring on a loathing; whilst the others, when in their proper state, refresh and enliven the faculties, if taken in moderation; but when abused, like other blessings, leave a sting in the sacrilegious hand who pours it out in wantonness. Wine has not been upbraided merely on its acidity, because that is found agreeable to many persons, but that, regardless of constitution, it often proves to be prejudicial,

not

not only favouring the Gout, but other pains in the body, not arising from wine merely as wine, but from the adulteration and poisonous ingredients, such as arsenic, litharge, lead, allum, floe juice, and a greater quantity of spirits of wine than it requires, made use of with an intent to impose a spurious sort, or to fine or correct it; for this reason, (and a good one it is) must it be allowed that physicians and others have censured and charged the vintners, and those concerned in the foreign and home trade, as injuring the health of their fellow-creatures. It is much to be lamented this assertion remains undecided, each party being engaged either in denying or insisting on the fact. The properties of arsenic are well known: lead, taken internally, stands confessedly a strong poison, and has been proved to demonstration, as being the cause of the Devonshire cholic, owing to cyder standing in leaden vats, or in earthen pitchers glazed with lead: a great quantity of the lead ore we have seen used for this purpose of glazing pans, at the potters in Barnstaple, Devonshire. The acid corrodes and takes up a part of the leaden particles, which cause those pains in the bowels. How cautious every one should be, who are concerned in the culinary method of preparing our pickles and preserves, wherein vinegar or other acids are used, that they should well examine their pots, jars, and pans, and also saucepans made of copper, or lined with tin: and whether it may not be owing to a similar circumstance, that the cholics in the West-Indies, and other parts of the globe, prove so painful, often fatal, terminating in paralytic affections. That there is a difference in flavour, and in effects of the same denominated wine, independent of constitutions, we believe no one will contradict.

tradict. After drinking wine, though in a moderate sense of the word, if we experience cramping pains shooting across the hands and feet, attended with paralytic weakness, have we not then reason to suspect the genuineness of the wine? The thoughts of unfair mixtures are too deeply rivetted in our minds to be easily erased. That wine, in its native soil, is hard to be procured genuine, has been an observation of many intelligent travellers. History abounds with complaints of this nature, and of the tricks made use of to impose on mankind. Nor has there been wanting penal laws in this country, which have been inflicted with rigour, to deter others from such illicit practices, so dangerous to the commonwealth*. There are other material questions to be considered, viz. how far wine is adapted and agreeable to our nature? whether it does not contain particles foreign to the human economy, which cannot be assimilated to the texture of our bodies, nor form a fluid of proper temperament for the preservation of life? All wines abound with a tartarous spirit, either natural or acquired. We are sensible how easily the small addition of heat, added to our natural warmth, increases to burning heats, known by the appellation of fevers: wine being of a spirituous quality, in diseases that are inflammatory, the acrimonious humors are increased by drinking these liquors; and so far they may be

* In the year 1427, in the reign of HENRY VI. JOHN RAINWELL, Mayor of London, caused one hundred and fifty butts of sweet adulterated wine to be staved and thrown down the streets, so that the liquor running forth, passed through the city like a stream of rain water, in the sight of all the people, from whence there issued a most loathsome smell.

STOW's *Survey of London*, p. 441. 1st ed.

said to be fuel for the Gout. It has been noticed, that many persons, who have been free in the use of wine, have suffered with the Gout; but on leaving those liquors off, have gradually recovered their health. The French, who are not insensible to the native charms of their own wine, seldom ever drink it without adding water: also a custom which prevails here, of drinking it after the cloth is removed, is not practised there; when the desert makes its appearance, wine is banished. The Dutch, whilst beer was their chief drink, were strangers to the Gout; when wines were introduced to their tables, they were no longer exempted from that cruel malady*: for this reason, drinking wine intemperately, or living in the constant use of it, is to be carefully avoided by those who would not provoke such bitter enemies to their health, while malt liquors are found not to have that tendency in bringing us under such misfortunes†. From this cursory review, we do not wish to raise imaginary ills, or to deter any one from accepting the friendly assistance of this nectareous draught, when nature pleads an advocate for compliance, and reason does not forbid; at the same time, they should be careful not to give way to the pressing and ill-judged importunities of friends, to drink more than is agreeable. This last caution (you may reply) is almost needless.—Cruel necessity of the times, has scarce left the Britons power to gratify their generous wish—*“ A bottle and a friend ;”* for *“ Macbeth has mur-*

* VAN SWIETEN's Commentaries.

† Wine deposits a sediment on the sides and bottoms of the casks, of a hard, tartarous, stony substance; whilst the sediment observed in beer vessels, is of a clayish, saponaceous nature.

“ dered both :” and Brady’s prophetic lines, in solemn accents, rises to our view :

Destructive war their ablest youth
 Untimely did confound ;
 No virgin was to th’ altar led,
 With nuptial garlands crown’d :
 In fight the sacrificer fell ;
 The priest a victim bled ;
 And widows, who their deaths should mourn,
 Themselves of grief were dead.

TATE’s *New Version*, Ps. lxxviii. v. 63, 64.

On a Liquor called PUNCH.

THIS favourite substitute for wine, in our country, is particularly objected to by persons subject to the Gout, as having an immediate tendency of producing it, by reason of the acid made use of in the composition, whether it be of the lime, the orange, or the lemon. There is something agreeable in each of the ingredients which catches our attention, and impresses a favourable idea on our minds ; this may be owing to a circumstance, that we are well acquainted with each article in the mixture, and have no occasion to dread either lead or arsenic, as being used in this liquor to give it additional flavour, or to fine it. Had the objection been made singly against punch, by the weak constitution subject to the Gout, they had been justified ; but when man’s partiality shall carry him so far, as to condemn one ingredient only, namely the lemon*, and stigmatize that fruit as being the author of

* The word lemon stands throughout, as including the acid of the lime and orange.

those ills he experiences, merely as being an acid, without inquiring farther, is committing an act of injustice to himself, and of ingratitude to the planter of the fruit. In this instance, we may learn how little is to be trusted to superficial evidence, and the necessity of inquiring on what basis such and such food has been prohibited. In no case can we produce the like egregious mistaken notion, as in the present under our consideration, of confounding, without distinction, all sorts of acids, whether natural ones, mineral, or combined by art; forgetting there are two sorts of acids; the one, which is nearly allied to mineral ones, readily opens a door for disease and death; the other, whose friendly tendency is to correct our sickly frame, and to preserve life. The first we breed ourselves, as has been already noticed, and is that acid we throw off from our weak stomach; this matter being of a peculiar corrosive acid, is the cause of much pain and trouble, so that it is natural for us to dread every thing whose predominant quality is an acid taste; therefore *lemon*, Heaven's best gift, fairest fruit, is condemned without so much as a hearing. Could we but give ourselves a moment's reflection, we should blush at the thought, and could not be insensible of the benefit these acids are of in the support they administer to man, to combat the heat of certain countries, in which Providence has displayed a father's care in furnishing them so plentifully, as spontaneously to reach forth their branches, and by their beauty and fragrance invite him to partake, and bid him live; otherwise both heat and climate, as in the West Indies, would conspire together to bring the inhabitants to the grave with hasty alkalized strides, if not opposed by acids, such as are found in the

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vegetable

vegetable creation. In long voyages, where the Scurvy reigns triumphant, threatening dissolution every moment to those aboard, no sooner is the sound proclaimed on board a ship, of their being near a coast where these fruits grow, but joy sparkles in the dejected mariner's eye, who knows, if he can but reach the shore, these acids freely eaten, will restore his pappy, putrefied limbs, to a sound state. We would beg leave to ask, what fruit can rival the lemon in proving so great a strengthener of the body? or what fruit is so often called to assist, to counterbalance and drive away a fever? In what fluid will you find the pleasing refreshing draught, equal to that composed of the juice of lemon and spring water? When was this drink known to have set your teeth on edge? when could it be proved, that lemon caused the griping pain to the stomach or bowels? when had you reason to curse it, as producing any of those dreadful acid eruptions; and to cure which, what remedy is there equal to lemon, joined with salt of tartar, as in the saline draught; whether the complaint proceeds from eating of too much fruit, or an over night's indulgence at the bottle? Let those who are troubled with a foetid breath use lemons in their drink as a corrector. Lemons, as if conscious of their own superior virtue, scorn to mix on friendly terms with other base acids, such as sugar. These are remarks deduced from experience; and we must confess, they carry strong evidence in favour of the lemon: the question naturally arises, what is the reason then that punch is so often complained of, from the use of which many persons suffer, who are not particularly subject to the Gout?—the *sugar*. The fact is, all the bad qualities which have been attributed to the lemon lie in the sugar. Sugar, of itself,

self, is of an acid, corrosive, slimy nature, though cloaked under its sweetness, and being of a smooth pleasing taste, made familiar to our infancy, it remains unsuspected, at the same time that it affords more just reason for censure, than any other article of our food so often complained of: persons who have totally laid it aside, have enjoyed a better state of health: for the truth of this assertion, we appeal to numbers who have severely suffered under this mistake, until the error was pointed out.

To illustrate this important point, so essential to the health of man, we shall beg leave to remark the following facts, which may come under every one's senses to determine. A draught composed of lemon and water only, is a reviving wholesome draught, sitting lightly on the stomach, and agreeing with it in general; add sugar to it, and it becomes the reverse, being changed to a sickly one; and the acid seems of a corrosive nature, particularly hurtful to weak stomachs: on trial every one will find a material difference. The same occasion for observation, though in a stronger degree, is to be met with in punch, which plainly discovers a different acid, similar to that found in minerals; and, in weak constitutions, we do not know a greater cause for complaint than this liquor, rendered worse by drinking it warm; a circumstance that persons of a weak constitution should be careful not to continue; for cold drink strengthens most, whether it be spring mineral waters, beer, or the more rich viands they make use of. On looking over the ingredients used in punch separate, we could not imagine so destructive an acid should be composed, which is not to be met with in either singly: very true; let any person examine the materials, one by one, from

which aqua fortis is made, viz. green vitriol and nitre, could it be supposed that such a deadly poison could be drawn from the retort, as even the vapour to be so noxious as to kill, did not every day's operation confirm it? To elucidate how substances, good of themselves, and proper for use, may, by a mixture, be productive of ill consequences, is amply shewn in two valuable metals, silver and lead. View them in the mine; there we find how closely the lead has wrapped her garment round the silver, secreting it from the eye of the hasty passenger, that would pillage her of her charms. Here the silver, fed, as it were, by lead*, lies in obscurity, until the midwife (the smelter) brings it forth in radiant brightness, darting its beams to the admirers all around: thus clad in virgin array, she despises her nurse, and even thinks herself polluted, by the least familiarity or connection with lead, taking every opportunity to shew it in striking colours. Is proof required?—Suppose then by chance or negligence, the hundred and twentieth part of lead should be left in a pound weight of sterling silver; what is the consequence? The artificer, looking into his furnace to see if his metal has imbibed a proper heat, discovers a wrangling in the crucible, termed an ebullition; sufficient warning to the skilful artist to expect farther trouble; nor is he at a loss to decide on the cause: not knowing the exact quantity, or in hopes the silver may take no further notice of the affront, he proceeds to pour it off, either into a skillet, to be flatted for plates or dishes, &c. or into an ingot, to forge out for wire

* Lead should be freed from silver, before it is fit for the plumber's use; but is seldom done with that nicety, but a few minute particles of silver may be extracted.

or spoons, or into a mould for cast work. The silver remains inflexible, and is determined to shew its aversion in every one of these ways. The skillet is flatted, on annealing it blisters, and flaws arise on the surface; these sometimes escape notice until the piece of plate is near finished; when the endeavour to erase a flaw, hazards the beauty, or the destruction of the whole. In the second instance, the ingot refuses its usual uniform expansion of the hammer, and breaks in several pieces. The cast work, if of that sort which requires pliability, breaks off short, to the vexation of the manufacturer, who is often obliged to make use of disagreeable, expensive methods to separate this union. We shall not do justice to the lead, if we do not observe, that to correct the ingratitude of the silver, she never fails of shewing her resentment, when chance shall drop an unperceived grain of lead on silver plate, when made red hot, by eating a hole through in an instant. The refiners took the advantage of these disputes, and lead is used as a scourge to purify silver from any other base metals, which silver, in her walks abroad, might have contracted.—As a further evidential proof, that sugar is the cause of this evil, we would beg leave to ask those who object to punch, whether they do not find an aversion to sweetmeats, confectionary ware, and even to jellies, pies, and tarts, when over-sweetened? That sugar has been suspected of qualities unfriendly to our constitution, may be deduced from an observation left on record, above a century ago, by Dr. WILLIS*. Another circumstance is no less true

* I so much disapprove of things preserved, or very much seasoned with sugar, that I judge the invention of it, and its immoderate use, to have very much contributed to the vast increase

true than extraordinary: the grocers, who handle the sugars, are subject to a complaint, called by them the grocer's itch, which equals in malignancy any leprous complaint we have seen, and which often deprives them of the use of their hands, but on leaving the business, the malady ceases—Does not this carry conviction on the *prima facie*? May we not safely and truly draw an inference, if only by handling sugar we suffer thus, how much more when taken inwardly so freely? Also we have remarked, that tea has often been censured for other's faults, as being extremely pernicious to persons whose nerves have thereby been remarkably affected. Tea, as a plant, is of itself an agreeable bitter-flavoured herb, and as friendly to the constitution as it is beneficial to trade, as perhaps any ever introduced; that persons of a weak constitution should complain against it is no wonder—But is it the tea? or is it not rather their weak relaxed stomach? and warm water, or any other warm liquor, still relaxes more. Is not the tea censured for the unthinkingness of the maid servant, who sees, unconcerned,

crease of the Scurvy in this late age; for that concrete consists of a very sharp and corrosive salt, though mitigated with a sulphur, as it plainly appears from its chymical analysis; for sugar, distilled by itself, yields a liquor scarce inferior to aqua stygia; and if you distil it in a vesica, with a great deal of fountain water poured to it, though the fixed salt will not so ascend, nevertheless a liquor will come from it like the hottest aqua vitæ, burning, and very pungent*. When, therefore, sugar, mixed almost with any sort of food, is taken by us in so great a plenty, how probable is it that the blood and humors are rendered salt and sharp, and consequently scorbutical, by its daily use. A certain famous author has laid the cause of the English consumption on the immoderate use of sugar amongst our countrymen. I know not whether the cause of the spreading Scurvy may not also be rather hence derived.

* Rum.

the finest particles of the water boil away in the steam by the hour together, and leave the remainder in the kettle, hard, phlegmy, and not fit for use:—The minute the kettle boils, pour the water on the tea. But this is not all; is not the sugar which is used in this liquor, the cause of tea being complained of? Leave off sugar, (we had almost said milk); those who found tea disagree with them before, will then experience a pleasing infusion grateful to the stomach. Had not success justified us in the prescription, we had not been so bold as to recommend it so strongly. It is said, strong tea is hurtful to the nerves; but every day's experiment will convince you that weak tea, joined with sugar, is detrimental. We speak not by conjecture; and every one has the liberty to make use of these remarks, as their own prudence shall dictate. We did not consider these things, ourselves, so attentively formerly; but now are convinced, if sugar was less used, no loss would accrue; on the contrary, much benefit might be gained; or our patients, to whom we have recommended the practice have deceived us, who have declared that tea is now their delight, as it was before their aversion. It is hard for persons to find out an agreeable substitute, though they wish it, to supply the place of tea, coffee, chocolate, &c. which hurt them, not considering that sugar is one cause for its disagreeing. It was said to Cæsar, beware of the Ides of March: We say, to persons subject to scorbutic complaints, and weakness of stomach, *beware of sugar*. That in the West Indies, where it is the immediate product, it may be necessary; but there it may become a serious matter of inquiry, whether the belly-aches they labour under may not be traced to the free use
of

of sugar*, (as much as to the pans hinted at in a foregoing page) which is a greater and a different sort of acid than is produced by the lemon, pine, or any other fruits. Let no one hastily imbibe the opinions of another, without first weighing well the arguments, circumstances, &c. together, and draw the inference from their own reason and observation; and not to leave an ingredient out of their usual Diet, because it is said to be bad, but that they find it is so.

On BUTTER, BACON, FAT MEATS, &c. &c.

WERE mankind to assert their rights, and learn to judge for themselves, they would not be then slaves to opinion, nor sacrifice their reason to the dictates of others, founded in weakness, without minutely inquiring on what basis they have asserted that those favourite ingredients of our Diet are detrimental to health. Amidst those articles that stand proscribed, butter is the foremost, on which a *cave* is placed, to deter mankind from its use, as baneful to the constitution, and a breeder of foul humors in the blood, therefore it is eaten with fear by various degrees and denominations of the human race; and to deprive them the use thereof, millions would pine after it, and curse the devisers of such an expedient. How many dishes that the vegetable, the animal, the piscatory creation afford, would taste dry and harsh, without this desirable necessary sauce, that appeared before pleasing and refreshing. Does not our hasty condemnation of the food, as improper for

* Rum, the spirituous article used in punch, as drawn from sugar is a strong acid, and new rums are known to be productive of bad consequences in the West India Islands.

our bodies, impeach and arraign the judgment of the great omniscient Provider, who has so universally showered down this food. We are naturally fond of vegetables; in husbandry man delights; the outstretched dugs of the cattle, the overflowing pail, the simplicity and dexterity of the dairy-maid in bringing forth her butter and cheese, has afforded a pleasing theme for poets to dwell on with rapture, and praise the Giver in pastoral strains universally admired. If trade is considered, we should be careful not to throw a bar in the way to check it, unless supported by demonstrative evidence that such trade is detrimental to the community. If the poor are the riches and the strength of a nation, they claim our indulgence, and ought not to have their greatest luxury withheld, on the supposition only of its being hurtful; in fact, they will not: they find no inconvenience in the use, and all their wish centers in the possession. As to its bad or good qualities, they are contented to leave the doctor and his patient to dispute, whilst they enjoy the blessing. Butter and fat meats have acquired a bad character, as many individuals in the world do, by keeping bad company. Is the temperament of a relaxed sickly stomach, which cannot bear it, a proper criterion to judge by*? Why should we prohibit the use of it to those whose constitutions are the reverse, and who require its friendly assistance to lubricate and defend the bowels from acrimonious matter? Can we suppose Providence, whose bounty overflows the wishes of man, extravagant as they are, has caused such a rich repast to be

* The aged and infirm, might with equal propriety say to the young and the strong, do not walk faster than I—it will hurt you.

drawn from the grafs of the field in vain? By what wonderful ftages and operations is our food matured, brought forth, and laid at our feet, to enable and encourage us to proceed in the journey through life, rendering it agreeable and comfortable! Butter and fat meats, the neceffity of them are difplayed in the general tendency the animal creatures have in ftoring it up, and of how little worth thofe beafts are, that are defective in this point—How wretched they look! Are not thofe unctuous parts of our food the chief means of affording a fupply of that marrow, treafured up in our bones, which fupplies the oil wherewith our joints are constantly anointed, and thereby continued pliable, and defended from acrid and cold humors? Further, the utility of butter is eminently difplayed, in defending perfons employed in dangerous bufineffes, who imbibe noxious particles arifing from vapours, fuch as painters, gilders, glaziers, workers in lead or in lead mines, that otherwife might prove fatal but for a free indulgence of butter*, bacon, and other fat meats, which fheath and defend the bowels from cholic, paralytic, and gouty confequences, frequently met with in perfons who follow fuch deftructive occupations. Sweet oil is nearly allied to butter; if the one is hurtful, the other muft be prejudicial, and fall under the fame predicament, yet this is feldom noticed. Fat and falt meats, &c. come in for their fhare of general cenfure, as food hard of digestion, and breeding the Scurvy; whilft other dainty meats, which appear foft and eafy to be diffolved, through the different preparations of art, officioufly intruded as an affiftant in procuring proper aliment for a weak conftitution, are often

* Butter fpread on bread agrees beft with weak ftomachs.

preferred by us, yet rejected with disdain by nature. We would wish to correct another absurd notion, which has been conveyed from generation to generation, viz. that the gravy which flows from the meat is hurtful, and a breeder of the Scurvy, therefore should not be eaten with our food. A moment's reflection will furnish an answer to so important a question.—How is the body nourished? is it by hard indigestible food, from which no balmy juice is scarcely to be extracted, to supply the small fibres? Gravy is already prepared for the purpose, only wants application: it is pleasant to the taste, light to the stomach, and gives strength to the body; which is more than we can subscribe to that bewitching delusive practice of eating pastry, which only serves to cloy the stomach, and proves a hinderance to other foods digesting. Jellies, and every other glutinous body, must be dissolved into a vapour light as steam arising from hot water, before it can enter the lacteal vessels.

Every day produces instances how often we err in our opinions relative to proper aliments for the support and comfort of our lives. Many a time has it been noticed, where the stomach refused entertainment to a dish of chocolate, or a little broth, at the same time has greedily devoured a salted piece of beef, or of fat bacon, which has sat easy on their stomachs, and have digested kindly. Persons who are of an ailing constitution, judging rather from appearances, or guided by custom, refuse the one, and order only the white meats, such as veal, fowls*, &c. when, at
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* How easy we are persuaded to indulge in things hurtful, because they appear delicate, is instanced in fatted fowls. The fowls are put in coops, debarred of air and exercise, unctuous
food

the same time, they must be sensible they cross their inclination; their strong propensities to taste the other different sorts of food, and which they would find to strengthen them when thus impelled; whereas by rather following the promiscuous advice of others, in preference to the dictates of their own sensations, they take part with the disease, and thereby suffer the more: for on the most exact scrutiny, we shall find but little reason for complaining of those forbidden fruits, any more than other valuable articles, which either support life, or render it respectable in the scale of beings with whom we dwell: for what is there on earth, which we call good, that has not, or may not be productive of much evil, when it falls into imprudent hands? Gold, that precious

food is given to render them fat, which soon brings them to a sickly alkaline state, and because they eat luscious and tender, they are preferred before the wholesome barn-door fowl, whose taste is natural and nourishing, whilst that of the other cloy, and is rendered disgustful by repetition; so that any one would sooner grow tired of this aliment than any other meat, to feed on it constantly: similar to this, is another circumstance, that of hanging up mutton until it is rotten, then we say it eats tender: these things are customary, and what is fashionable, however egregiously bad, or ridiculous of itself, is justifiable: for who dare appeal against so powerful a dictator as fashion: it is customary to rail at wines, butter, tea, &c. not considering our own instability. There are times and seasons allotted for every thing; that which delights us to-day, is looked on with indifference to-morrow. A variety runs through the creation; without it, man could not enjoy the pleasures of the road, on which he is gradually enticed from stage to stage, by toys displayed suitable to his age. He has no sooner grasped the one, but another, at a distance, is held up to his view, to animate him to proceed: nor are there wanted thorns to gall him, should his propensity be to loiter by the way: so that he is in danger of being seized by one complaint or another, until grown indifferent as to the playthings of life, he suffers himself to be overtaken, and nods to the fate which Time pointed to him from the earliest knowledge he had of his being.

commodity,

commodity, the *baume de vie*, has its fair and dark sides. There are few persons possessed of so much refined philosophy, as not to wish to be in possession of a certain quantity. The risks run to obtain it, often change the nature of man for the worse; so that he has then, as he imagines, reason to exclaim against this glittering ore which bewitched his senses, though the fault was his own seeking. In fact, through the false taste of mankind, too often paying a respect to those persons only because they are rich, and for no other good quality inherent in them, do we see thousands so eager to obtain the jewel, at the risk of every thing which they ought to hold dear, to be on a level with them; but mistaking the road, to their great mortification, they meet with reproach and ignominy, instead of honour. Enchanting pleasure is profitable to health; yet, when pursued beyond the bounds which prudence has dictated, brings weariness, pain, and other inconveniences; that it had been better if our thirst had been less prevalent, or we had wanted opportunity in seeking after such delusive joys. Though we have an unlimited license to range and partake of all the fruits which the globe produces, we are not to waste them: they are ordained for our support, and when used agreeable to that portion of judgment given to each individual, the end of their creation is answered, and the Benefactor honoured. It is our duty and interest to bend to nature's voice, and not to expect the unalterable laws of the universe will submit to the peevishness of that little conceited animal man, bowed down either by natural infirmities or old age: in either case his faculties are impaired, his judgment rendered precarious; therefore we may esteem ourselves happy in having such demonstrative evidences

ces given us to go by, that if we err, we must do it wilfully. So amazing are our powers, so wonderful our frame, that as the whole being of man is equally interested in the choice of food, so the different members are equally alert in performing their duty. No sooner does the weakness of our constitution speak its wants, than the feet bend forward, directed by the mind, to the place where food is expected; the eye surveys, the taste and smell co-operate in their approbation; and, last of all, the stomach, not trusting to the partial taste, decides, and quickly informs every one wherein they have erred, either by storing too much, which is the seed of heaviness and oppression, fetters no ways agreeable to the sprightly mind, which deprive him of that alertness he has a right to expect from the fresh supply afforded to the lamp. If the aliment has been improper, then a sickness in the stomach proclaims its malignant tendency, and warns us to be cautious. This rule will be found decisive, whether we feed on flesh, fish, fowl, vegetables, or use for our drink water, beer, wine, &c. As a further proof of the just discerning judgment of the appetite, how often has it been known, where persons in dangerous sickness, indulging by stealth, their strong propensities in some drinks they have fancied, though strictly forbidden by the Physician, have surprisingly recovered! In general, we know no better rule for persons to go by, in regard of their Diet, than to partake of such food, whether it be salt, fresh, or high seasoned, with moderation, as they find convenient and agreeable; for, as to our own part, if any judgment may be deduced from the testimony of numerous patients, it is in favour of an extensive, rather than a confined Diet. Numbers have debarred themselves of even
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the common necessities required to support life, in order to lessen their disease, particularly in the Scurvy; but, so far from being benefited thereby, the malady has increased on them. Extremes are always bad on either side. We are soon disgusted with living on the same meats. The changes of the seasons, the difference of weather, require man to vary his Diet, as much as it does to alter his apparel, to defend him against heat or cold. For this reason, we recommend, in cold weather, warm meats and generous drinks; in hot weather, cold viands, will prove refreshing and salutary; and spring water, joined with pure acids*, will be found a most excellent bracer of the stomach and nerves, when relaxed. In the winter of life, as old age, to season their meats with warm spices is necessary. Also in the West Indies, the free use of those spices are particularly grateful and necessary, even as salt is to us, which keeps them from falling into bilious fevers. If it be allowed, that nothing exists in the creation but what was designed for its peculiar use, applicable to the country, surely the spontaneous growth of these aromatic spices, in those sultry climates, is an argument in their favour for their application. We could wish it to be considered, how far in the marshy damp parts of those countries, as in Essex and Kent, where the ague reigns, whether a greater indulgence of pepper, or other hot spices, would not help to counterbalance the unwholesomeness of those swampy places? where wine and other cheering liquors are required to be used in a freer manner than in other countries, where na-

* Vinegar is a useful and a wholesome ingredient in our Diet, and is much used in fumigations, to prevent infectious diseases, and shews the utility of acids. The virtue and benefit of salt speaks for itself in numerous wonderful instances.

ture has been more prodigal in the blessings of a dry, healthful situation? On this occasion, and almost every other circumstance, which requires our comments, in phyfic or in diet, the aphorism of HOFFMAN will be found to be just: “ It is the well timing that makes the dose or quantity good or bad.” As the anxiety and fears which are impressed on persons of weak constitutions, in regard to what they should eat or drink, is of a hurtful tendency, it would give us pleasure to deliver them from so great a slavery. The fewer ingredients mixed together at a meal, stands to reason, is most likely of being productive of answering the desired end. In our infancy and youth, occasions seldom require to make observations on our Diet; for then we do not experience those ills from the difference of aliment, because our pipes and tubes are large and pliable as fine leather: but man, the older he grows, the less pith he has, so that the tubes lessen in him as he advances in years, scarcely allowing the humors, or even the balsamic fluid, a possibility of circulation*, whereby we may at last be said to ossify, or consolidate, as it were, into mere bone.

These sentiments are respectively submitted to individuals, whose own breasts carry a monitor which will be found the best director: for we must think it an absurdity, that one person should know another’s constitution better than himself—In short, it is impossible. The poor laugh at us, and think these are idle speculations†; for they being obliged
to

* The older people grow, the less food is required: and women are not so subject to the Gout as men, on account of the laxity of their make.

† Behold the labourer of the glebe, who toils
In dust, in rain, in cold and sultry skies;

to follow nature, is the reason why they “ enjoy
 “ (as DRYDEN observed) the most valuable blessings
 “ of life, a vigorous healthy body, with a constant
 “ serenity of mind; whilst we, with all our fanci-
 “ ful refinement, can scarcely pass an autumn
 “ without some access of a fever, or a whole day
 “ not ruffled by some unquiet passion.”

It is beyond a doubt, that a much less quantity of food will support life and spirits, than is generally imagined; and while Diet is given to the body with discretion, it will keep it cool and in proper order: for as gentle rains refresh and make the plant more lively and pleasant to look on, so temperance and activity, feed and render the body more sprightly and durable. To define the word temperance, (with which we shall close our Remarks on Diet) we cannot better elucidate it, than by quoting Sir WILLIAM TEMPLE: “ But that which
 “ I call temperance is a regular and simple diet,
 “ limited by every man’s own experience of his
 “ own easy digestion, and thereby proportioning,
 “ as near as can be, the daily repairs to the daily
 “ decays of wasting bodies. Nor can this be de-
 “ termined by measures and weights on any gene-
 “ ral Lessian rules, but must vary with the vigour
 “ or decays of age or of health, and the use or
 “ disuse of air or of exercise, with the changes of
 “ appetite, and thereby judge from what every
 “ man may find or suspect of the present strength,
 “ or weakness of digestion.”

Save but the grain from mildews and the flood,
 Nought anxious he what sickly stars ascend.
 He knows no laws by ÆSCULAPIUS given;
 He studies none.

ARMSTRONG.

OBSERVATIONS

ON THE

R E M E D Y.

THE Scurvy and Gout are generally understood to be disorders not curable. This is not a substantial reason why any further attempt should be restrained in our endeavours to discover a Remedy, or to exclude our hopes of ever attaining the desired effect.

A person must have been very inattentive, or very fortunate in his acquaintance, if he has not had occasion to lament the difficulty of cure of either of these two disorders now under our consideration, of which we have been liberal in opinions, in hopes it may beget a farther inquiry relative to the foundation of those ills. The nearer we come to truth concerning the cause, the better shall we be enabled to discover a remedy. The necessity of an application to eradicate, at least to relieve those griefs, is a point universally acknowledged. It has excited persons to go out different ways, in hopes of bringing home a charm, whose virtue should be of that magnitude, as to drive away those ills, and which could not fail to immortalize the finder. Such a blessing we sigh after, look for: yet strange unaccountable disposition that possesses us, we would fix limits to the mode of discovery,

discovery. When a gleam of hope is published, we treat the report with contempt; we ask many frivolous questions, which do not accelerate, but retard. Who is he that has found out the secret? Is he a son of nature or of art? Is the messenger cloathed in rich array, coming in his triumphal car, bringing his credentials, which intitled him to make the search? or is the report conveyed in the silent whisper of a newspaper. It is just to own—Candour demands the assertion. The afflicted certainly have often had their attention raised with the cry,—a Discovery, blazoned forth with all the pompous titles vain imagination can conceive, as if they and their new invented medicine, were the only happy ones long looked for, and which neither is, nor can be exceeded by any present supposed remedy, or that in future may be invented: to crown the eclat, to make all sure, it is sealed with the King's patent*. Ingenuity may consider the cause, may compose a prescription, and form to the mind pleasing instances of its operations; but agreeable to CELSUS's aphorisms, *An opinion of a thing, without a certain knowledge of it, can never find out an infallible remedy; for it is certain, that experience is the principal thing to inform us in a right method of cure.* It must be tried on various subjects, afflicted with different complaints; and the validity of a medicine is only known from the general success. Supposing on trial, it should in excellence surpass the inventor's or the afflicted's sanguine expectation, or even perform more than any medicine we have heard of, still a defect in the medicine, or in the consti-

* What a sound! yet forms no criterion of the goodness of a medicine.—FOOTE's question from the President to the Secretary, on Doctor Latt's admission at the College of Physicians, is truly applicable.—“Are all the fees paid?”—*Devil on Two Sticks.*

tution, will, at times, urge the necessity of perseverance in the pursuit of improvements. Our insensibility to a fellow creature's complaints will be manifest, should we not confess a deficiency in our skill of curing many of the afflicted, or express a desire a superior remedy or mode of treatment may happily be adopted, either now or in after ages; and all that can be advanced in favour of any medicine now in repute; it is the best we know of at present; but does not, nor cannot exclude the rise of others, when merit paves the way for public reception. Concerning a remedy of which we are the guardians, we have a right to give our opinion: nay, it is demanded of us.—But where is the value of opinion, unless substantiated by facts? These we produce—These have been submitted, from time to time, to public inspection. We are happy to add, conviction has prevailed in spite of opposition, prejudice, and other obstacles, that either envy or interest could suggest, as a bar to the patronage of the afflicted. We admit the cures, says our opponents; but they are performed by a composition, made of such ingredients as Mercury and Antimony, with other poisonous matters. These arguments, to the inexperienced, comes in so graceful and feasible a manner, as cannot fail to gain admittance into the breast of those, who remain as yet unstung by these fiends. What we use, we own; and we are justified in the continuance, by greater authorities than those who libel the mode; or even than those names, who have been powerful advocates for the trial of those minerals, either single or combined, namely SUCCESS*. Who is it decries the means, or would endeavour

* But this power was not to be derived from one or two ingredients alone. Some would produce one effect, and some another. The merit, therefore, lay in the art of uniting their several

endeavour to frighten persons in the use? Shame rises on the cheek, when we add, it is persons advertising a nostrum for the same purpose, and to supply the defects of merit, add, it is as harmless as milk and water, or to that purpose, made of vegetables, and contains no minerals.

Could such vegetables, indeed, be found endowed with the virtues and powers requisite to perform complete cures of these disorders, no one certainly would hesitate to give them the preference; but it is universally allowed that none such exist, or as yet, at least, are come to the knowledge of man. Till they are, why should we, therefore, neglect bringing to perfection, a sure and safe management of the minerals? When we do employ them with a happy success, why should we be so ungrateful as to deny it? As for our parts, far from being propense to make use of such pusillanimous practices, in order to enhance the sale of our medicine, by mustering up customers on false and delusive assertions, and at the expense of veracity; we have always made it a point, when asked the question, whether or not we made use of mercury or antimony in the composition of the Antiscorbutic Drops, candidly to answer in the affirmative, and to own that even BOTH these ingredients had conjointly their share in the preparation*. For a great while we tried vegetables alone,

veral distinct powers, so as to modify or assist the one by the other, and to cause all to co-operate, in order that they might act in concert on the body. This most desirable union produced the medicine, in the search of which, we had for so long a time dedicated our time and labour, and in which we have not declined to admit *mercury* or *antimony*; nor yet the acid, bitter vegetables, joined with steel preparations, and other ingredients, so far as were necessary to correct and blend the whole together, that the one might not be too powerful for the other.

* Our folio bills, for years back, have expressed the medicine was composed of minerals, &c.

but

but could make with them very little progress, and often a mere nothing at all, if the disorder was ever so little stubborn and inveterate: which proves the truth of SHAKESPEARE'S observation in HAMLET, that "desperate diseases require desperate remedies, or none at all." All our best remedies are desperate; all our best remedies are poisons, or composed with poisons; and their salutarious qualities lie in a rational, judicious, proportioned introduction of them into our fabric. We have thought it a favourable circumstance that physic should be unpleasant, otherwise people would be continually taking it. Did ever a child think the rod pleasant or desirable? Yet we see excellent dispositions formed thereby. Were vegetables so efficacious as they are said to be, we should not find so many victims to the ravages of the Scurvy as we meet with, who are true spectacles and objects of compassion. Ancient physicians tried the vegetables, and were obliged to fly to minerals; but by over dosing them, and frequently, by choice, bringing on a salivation, it often made them miscarry in their good intentions. They were then thought to be truly wild and furious steeds, very dangerous to trust to: but now they may be said to have at last taken the bit and received the curb, which renders them mild and tractable, as they are efficacious. From this there naturally arises a conviction, that vegetables can be but of little service in obdurate cases, when the disorder has impregnated the whole mass of the blood, and, in some measure, altered its whole composition and quality.—If so, where can there be found a remedy, unless in *minerals*, invested with such power to correct and to expel all the heterogeneous mixtures introduced in it, and restore the fluids to their purity?

Now

Now to prove that *minerals*, and especially the two chief ones, against which the ignorant and the interested exclaim so much, are of the greatest and most effectual service in these cases, let us hear what Dr. QUINCY says of them in such prescriptions of his Dispensatory, as concern the Gout and Rheumatism, and in which he admits mercury and antimony. “It is by these,” says he, “that
“many *empirics* have got great fame, when persons
“of learning and judgment, are backward in ad-
“venturing on things where there is any hazard,
“though these by a skilful hand *can never do harm*:
“They are the basis of many medicines that are
“now of great esteem in the most obstinate rheu-
“matism, &c.” In another place, speaking of a strong mercurial preparation, he adds; “If this
“method is complied with, inveterate cutaneous
“poxes, which resist salivations, and all other
“means at present in practice, may be radically
“cured; as may also *Lepras*, habitual scorbutical
“eruptions, and almost all disorders of the skin.” Again, speaking of another medicine, where antimony and mercury are united, he says, “This
“medicine is highly recommended by some, as
“being of the greatest efficacy in scorbutic and
“scrophulous cases; as also in all glandular ob-
“structions, and many chronical cases, out of the
“reach of common medicines; and it is likewise
“said to avail more than any other medicine, in
“cancerous humors, and obdurate venereal cases.” On the other antimonial preparation, he makes again this observation: “It is a most efficacious
“deobstruent, and therefore extremely useful in
“scrophulous, obstinate scorbutic, and all such like
“cases.” In short, at the occasion of another prepara-
tion of antimony, he makes this particular and striking

ing

ing remark : “ Almost all the foregoing preparations
 “ of antimony, how severe soever alone, may be
 “ so managed by the skilful hand*, as to operate
 “ little, or not at all, in the *prima via*, nor be
 “ perceived until they are got into the smaller
 “ vessels; and *then* it is that *mighty things* are effected,
 “ as the *cure* of the Gout, Pox, Evil, and all those
 “ diseases, *which are too much the Opprobria Medico-*
 “ *rum.*” Thus it is; this oracle of pharmacy
 speaks in many places, and in the highest terms,
 of the virtues of those two great medicines, (*mer-*
cury and *antimony*) either separately or blended
 together.

Dr. CHEYNE remarks, that *mercury* seems pointed
 out, and impressed by the signature of the God
 of nature, for the cure, at least for the relief, of
 intelligent creatures, made miserable by diseases.
 BELLOST styles it the miracle of nature, and the
 greatest gift of God in the whole *materia medica*.

In Dr. LEWIS's new Dispensatory, we find
 again the following passage: “ The use of *mercury*
 “ in medicine, seems to have been little known
 “ before the fifteenth century. The Ancients

* Various are the preparations of that wonderful mineral,
 antimony. The glass of antimony is not easily dissolved
 by itself; but melt it in a crucible, with nitre or salt of tartar,
 or both; it will, by being exposed to the air, soon change to a soft
 mucous matter, on which infuse rectified spirits of wine, and you
 will have a dark coloured medicinal cordial, that may be taken to
 one or two table spoonfuls, without occasioning any nausea in
 the stomach. Concerning variation in a process which re-
 quires minutely to be attended to, a little negligence, trifling
 as it may seem, may spoil the whole, either in the mixture, or
 in the length of time for digestion, or the degree of heat produ-
 ced by fire. This recalls to our mind a circumstance in the year
 1774, in a little tract we published, asserting the possibility of
 assaying gold in a few minutes, which was thought only a chi-
 merical assertion, as it generally took an hour or two.—Where
 did the secret lie?—only in turning the bead, after being melted,
 once or twice more on the coal.

“looked

“ looked upon it as a corrosive poison, though of
 “ itself perfectly void of acrimony, taste, and
 “ smell. There are examples of its having been
 “ lodged for years in cavities both of bones and
 “ fleshy parts, without its having injured or affected
 “ them. Taken into the body in its crude state,
 “ and undivided, it passes through the intestines
 “ unchanged, and has not been found to pro-
 “ duce any considerable effect; but combined with
 “ mineral acids, it has a very powerful one, and
 “ affords the *most excellent remedies* that we are ac-
 “ quainted with.”

Dr. HUXHAM, in his Observations on Antimony, expresses himself thus, in speaking of a certain preparation of antimonial drink. “ Now,” says he, “ in this liquid preparation, the reguline part
 “ is already dissolved, and most exquisitely attenua-
 “ ted, so that it passes into the blood with the ut-
 “ most facility. It should be moreover observed,
 “ that in this form, antimony may be given in the
 “ most agreeable manner, without even being per-
 “ ceived, or creating any more distaste than the
 “ wine it was made on: a thing of some conse-
 “ quence truly, when we have to do with
 “ squeamish patients, particularly with children,
 “ to whom it may be necessary to give repeated
 “ doses of the medicine.” And a little farther he adds, “ Should it be imagined that this medicine,
 “ being so safe and easy, can have no great efficacy
 “ as an alterative and diaphoretic, I answer, that
 “ as it is capable, in a proper dose, of irritating
 “ the stomach and intestines so strongly, it cannot
 “ be supposed, even in very small doses, to lie inac-
 “ tive in the sanguineous and lymphatic arteries;
 “ and both seems, and eventually is, exceed-
 “ ingly well calculated to stimulate and scour
 “ the whole vascular system; and some such
 “ stimulus

“ Stimulas are very often highly necessary in the ul-
 “ timate ramifications of the sanguineous, serous,
 “ and lymphatic arteries, where the motion is ex-
 “ ceeding slow, and where stagnation, and conse-
 “ quent corruption of the serum and lymph, are
 “ very apt to generate a putrid colluvies. By thus
 “ universally stimulating, therefore, not only the
 “ greatest, but also the smallest vessels of the body,
 “ this medicine greatly tends to remove all ob-
 “ structions formed, or forming, even in the mi-
 “ nutest canals; and hence most successfully pro-
 “ motes the natural secretions and excretions, in
 “ which duly performed, health itself consists.
 “ In obstinate rheumatisms then, in cold scorbutic
 “ affections, in moist cutaneous diseases, in asth-
 “ matic, leucophlegmatic, and icteric disorders;
 “ in old stubborn head-achs, the vertigo, epilepsy,
 “ and mania, *antimonials* are extremely useful, and
 “ the *vinum antimoniale* in particular.”

Review the perplexities, the ardour which
 glowed in the breasts of many ingenious men,
 whether dignified by the title of physician, or
 the appellation of surgeon, to whose joint care
 individuals have been committed for cure, and to
 whom the inmost recesses and workings of the hu-
 man economy were in an ample manner unfolded.
 They were characters revered equal to the elders
 of Israel, “ Who stood with their censers in their
 “ hands, betwixt the living and the dead.” They
 exerted themselves in an eminent degree of assidui-
 ty, regardless of the inconveniences that arose on
 the occasion, or the censure of any person. They
 were sensible of the malevolent powers of their
 opponents. They displayed a heart which felt
 and sympathized with their fellow-creatures’ suffer-
 ings. Could the in general have prevailed, (no
 matter by what means) they would have thought
 their

their tedious, painful processes, amply repaid. They knew no such distinguished foolish partialities of vegetables and minerals. They called into their aid all nature, either single or combined, as far as their comprehension extended; and they were justified in the search. It is scarcely possible to read their works, without being affected at the laborious pains they took; yet the blessing of delivering the captive, to them was rarely known. To those eminent failures it was owing that Opinion sprung up, and stamped her validity, and has by increase of years, grown too strong to be easily eradicated: shall we then admit the Scurvy and the Gout, are disorders not definable, nor curable, and tamely give way to such ill-fated notions? as if these plagues were ordained only to perplex and to torment the human species; founded on no reason, nor to be accounted for by any physical, mechanical laws, and which are never to be fathomed by the conceptions of man. We confess we are awed by axioms so universally propagated and received; yet we cannot by any of these arguments, which do not tend to convince, give our assent; nor do they yield sufficient proof for us to sacrifice our hopes; which but for hope, numbers would sink—Where? to rest, and give offence no longer to the living; who beholds the ravages disease promiscuously makes, and surveys it with a mixture of pity and of terror. More pleasing prospects arise in these our days. View the multitude relieved—sufficient motives to banish despair from every breast.—Shall we not rejoice? To make comparisons; to exult over other men, amiable in their intentions, though less successful, is not our design. We claim no merit, any more than the pen which marks the words of the inditer, as a mere instrument, an in-

significant being, lost among the numerous race which extend over the globe, known only by a few on a small speck of earth.

From a retrospect of the proceedings of those illustrious men we have hinted at, a deficiency is displayed; whether for want of knowledge of the cause, that being misunderstood, it is not likely success should follow in any of their prescriptions however powerful in themselves of acting on the human body, even to the diminishing of the fabric. Relative to the cause of the Gout: it has never been clearly ascertained, what are the confines of the powers of the Gout; how far they extend; whether or not many accidental complaints arising in the stomach, bowels, or head, has not been miscalled, when we say it is the Gout: for those cramps or pains felt in the stomach, often take their rise from acids, which we have hinted at, and which, in many constitutions, cannot be thrown off with ease from the stomach; which would alleviate those windy, terrible consequences. Nor can we give a good reason to several other favourite ideas; such as, Why do we express ourselves pleased at pains removing downwards? only because we have heard, it is safer for our existence. Why is Madeira wine so strongly recommended to keep it out of the stomach in preference of others? Has that less of the inflammatory spirit in it than other wines? Or where will you find it genuine? The first physician that recommended it, it is likely, received a pipe of liquor, worthy to be praised, from the vintner, as a fee for his recommendation; hence arose, perhaps, those and many other notions, encouraged and supported by opinion only. For if spirituous cordials are necessary, brandy may be lowered to any degree suitable to people's temperament. A loss to account for
those

those ills, has made our food to be suspected. Yet no food, simple as it stands of itself, can be proved as having a specific quality of producing either the Scurvy or the Gout. The pains felt in the limbs of a person afflicted with the Gout, because not being seen, are wondered at; yet we do not express any motion of surprise, when a pimple on our finger is in pain, which we cut, and let out the venomous matter: the one owes its rise to bad humor as well as the other, only lying deeper among the tendons, we are afraid to make an incision thereon.

It is proper; nay, more, it is required of us to shew, on what ground we have first adopted a different mode, by which relief is more easily obtained. We acknowledge our theory was framed under the supposition, that the Gout, as it stands, confined only to the limbs, as hands, feet, &c. which we conjecture, does take its rise from ill humors natural to a body hastening to decay, and is of the same nature, in the root, as the Scurvy, only diversified in effect, as constitution or circumstances vary: in the one occasioning dreadful pains; in the other, where the humor has burst forth, produces unsightly eruptions. When we name the Gout as having affinity with the Scurvy, we do not mean particularly to include that executive part of the Gout, which is complained of in the head or in the stomach: for we do consider them distinct complaints, and are not within the benefit of our medicine; however, not to receive immediate relief from the application, as the case demands. To dislodge an offensive matter, so closely wove and interspersed within the cavities of the inmost parts, we conceived gentle means might succeed: and the introduction of a medicine, by the same channel as disease sometimes enters, appeared to us a rational mode; paying a strict regard to the digestive
organs

organs of the stomach, to enable it, by a proper distribution of the food, to give additional strength to the whole; and as health increases, diseases naturally shrink away. As humors are contracted, often insensibly, even by the air we breathe in, a medicine should be formed, with a view to contain a general antidote, whose province should be to thin, and to purify the blood with the more rarefied fluids, co-operating with nature, a liquid preparation seemed to us the properest messenger of our good intentions. A medicine, so happy in its consequence, was not the result of a day. On trial, inconveniences were discovered and rectified by the preparer, whenever he found it necessary to vary it, either in the ingredients, the composition, or in the price. Twice it has been raised, and is now announced the third time, for an additional shilling per bottle. The motives, we presume, are justifiable; because lucre has not been the object at either time; for the public has received a proportionable benefit in the improvement of the Drops; and we trust they shall have no cause for complaint, or arraign us as making a wanton abuse in the important department we now stand in; in which we consider it as our indispensable duty, to use our judgment to improve and extend the virtue of the medicine, unbiassed by any party. For every one must rest upon his own judgment, and appeal to the rectitude of his principles and good intention, for all the effects which can result from what he composes. For the most able and experienced physician, has no just reason to pride himself for the most uninterrupted series of successes; since all his skill and art, will always fall infinitely short of all the various accidents and new disorders to
which

which mankind are liable, and will not even (as in the case of Dr. SYDENHAM) prevent him from falling himself, perhaps, a victim to the very disease*, in which he had given relief to thousands.

The merits of our composition we have seen and we know. To use any argument to persuade the application, we do not wish to dwell on. We point to the cures said to be performed by this invention, in cases of the Scurvy, Gout, Rheumatism, &c. They have been scrutinized into, both by curiosity and by interest. The truth of these cures rests on the evidence of respectable persons, whose testimony the neighbours are satisfied with. Many of the cures come more immediately under our own inspection, arising from the fruits of the dispensary; a plan beneficial to all parties. We are ready to acknowledge many of the cures, as related, seem to be beyond belief; and the stranger is justified in withholding his assent, until proper inquiry is made.—Suppose, on a nice investigation in these matters, it should be found they are not exaggerated? Let the heart who knows what it is to suffer, make the reply. The afflicted are unhappily made competent judges. Whether our observations coincide with their experience, it is their duty and their interest to inquire into these reports: nor should they wait for the approbation of those whose interest clashes, which will ever hinder a free dispassionate inquiry taking place, for the mutual advantage of mankind, however strongly recommended by personages, whose advice on other occasions we seem ready to court†: however,

* The Gout.

† Dr. GREGORY, in his *Observations on the Duties of a Physician, and on the Method of prosecuting Inquiries in Philosophy*, expresses

however vanity or humanity may extend a wish to cure all parties, our power is limited. Cures we frequently perform, yet can scarce tell how. We are amazed at what we see. At other times receive a disappointment, where we flattered ourselves a speedy acknowledgment. And to many our mode seems to be confined to so simple a method, it is refused on that account; forgetting great blessings seldom come in pomp to awe, but rather in earthen vessels, often formed by some plebeian hand. It is hard to set proper bounds to our prejudice. A prejudice is necessary at times, otherwise this flood-gate bar to impositions would be plucked up, and quackery, another name for knavery, would rush on the public in a perpetual torrent. It is the duty of every one who stands in need of a medical director, to consider atten-

presses himself thus, p. 169.—“ But, not to insist further on arguments, that shew that no considerable improvement in the
 “ art of medicine can be expected from physicians, while they
 “ are on the present footing, I shall only observe as a fact, that
 “ it appears from the history of medicine, that the improvements
 “ in it were seldom owing to those physicians who valued themselves upon being regular, systematic, rational practitioners:
 “ nay, what is more extraordinary, they have been often opposed by them with great keenness and acrimony, and seldom
 “ adopted till after a long struggle. We could give instances of this, in many of the improvements of modern practice,
 “ particularly in the case of blisters, opiates, Peruvian-bark, antimony, mercury, and all the powerful chemical remedies:
 “ the inventors or introducers of these, from the days of PARACELSUS down to Dr. WARD, have been held by the Faculty in
 “ contempt and detestation. The discoveries of those men who
 “ were not regular physicians, have not been examined with that candid impartiality, which their importance and success
 “ required: yet from such, very useful discoveries may sometimes
 “ be expected, &c.” And a little farther he passes also a due and rational censure on some “ ignorant, careless, and wrong-headed” ones, “ who profit but little in proportion to what might
 “ be expected from so very extensive a practice” as they have.

tively; when resolved, should not let others, strangers to their griefs, save the name, pretend to instruct. It also behoves the friends to be cautious what they say to fret the patient's mind. The spots which are situated on the hands and face, are hard to remove, being ever in the sight; ever teasing: they fancy every beholder sees, detests, and shuns their company; and often on this account are voluntary exiles: sufficient cause for failure in a medicine much superior to that we offer; and which let the afflicted adopt in open day, or seek for a better. Let them act a reviewer's part on this publication, and freely point out where they think we are censurable, either in neglect, or in presuming too much: for zeal, even in a good cause, sometimes needs a check. When the Gout settles either in the hands or feet, a few general hints for the consideration of the patient may prove serviceable, and render epistolary correspondence less necessary.

In this important crisis of misery, it will be proper to consider what state or appearance the gouty humor assumes, and to direct the patient to those remedies as reason points out, and experience justifies; neither assuming too much, nor betraying a timidity in prescribing a regimen which may prove beneficial to the diseased. As constitutions, age, and circumstances vary, so all cases do not warrant the use of the like prescriptions. What is proper in the first fits of the Gout, may not be so in a more advanced age, or when a person has had frequent returns of the Gout: it will, therefore, remain for the patients to select those as either they, or their friends, judge proper to be pursued in so interesting a point.

It is evident to our senses, that nature, who is our best and friendly admonitor, is obliged to raise these commotions to disburden herself of an acrimo-

monious matter, which has imbibed qualities that render it totally unfit to circulate any longer with the fluids, but is cast off as far as the extremities, where, being too thick to perspire through the skin, it is confined; each day's confinement adds fuel to the inflammatory matter, and is then followed with the most excruciating pain, swelling, weakness, lameness, and several other melancholy complaints, which render the state of the patient truly deplorable. Such is the exquisite sensibility of the disordered part, that the least touch creates an agonizing pain; so that it is no wonder the sufferer is glad to catch and embrace the most delusive phantom that promises a respite: and did not experience teach us how fatal repellant medicines are, we should very readily accept the offer of promised bliss, and for the loan of a moment's ease, pay back whole years interest of pain and anguish; so that this is a step to be particularly guarded against, and only such application used* where no danger is dreaded, and which will mollify the oppressed parts. For this reason, we have recommended fomentations of warm water to the hands and feet, or to hold the afflicted parts over the steam of boiling water, and then the swellings to be anointed with sweet oil, laid on with a feather, and the parts to be wrapped up in fine linen, using as little flannel or worsted as the nature of the constitution will bear, or the weather require to defend from the cold; for woollen encourages the heat and weakens the limbs. In this, and all cases of illness, regard must be paid

* We have long wished to accomplish a remedy to ease the pain, and draw the venomous fluid off: but though the experiments made, have so far encouraged us to proceed in our researches, yet the success at present, is not sufficient to warrant our recommendation of it to the public.

to diet, to the body, to air*, and exercise. As to diet, we ever esteem it as an unerring rule, that the less trouble you give the stomach on these occasions, the better: nor do we mean that you should cull all the flipflops made use of, but that the food should be given but little in quantity, not denying the patient something suitable to his former mode of living, nor disregarding the calls of nature in those things which he fancies most; for seldom that diet is productive of a good end, which is forced on the patient contrary to his inclination. Milk is a food that is often spoken of as a diet proper for gouty people; but in a fit of the Gout, attended with feverish symptoms, it is improper: milk turned into whey with acids, is
more

* The air tends much to create or destroy our appetites: it being evident, by a great number of experiments, that it contains an acid spirit; therefore it is, that this spirit is found to be a restorative, and gives citizens keener appetites in the country than they have in town, since being mingled with their saliva, and swallowed plentifully into the stomach, it twitches it, and gives a sensation of hunger; while, on the contrary, the smoke in cities blunting this quality of the air, renders the appetite less keen.

Wherever great numbers of people are crowded in one place, if the air has not a free current, it soon becomes unwholesome, by drawing each others breath. Thus it is that delicate persons are so apt to cough, turn sick, or faint in crowded churches, assemblies, in a stage coach, or any place where the air is exhausted by breathing, candles, or the like, or rather rendered too compact for the lungs to draw it in.

In great cities so many things tend to pollute the air, that it is no wonder it proves so unhealthy to the inhabitants. All possible care should, therefore, be taken to keep the streets of large towns open and wide, that the air may have a free current through them: they ought likewise to be kept very clean. It would be an excellent regulation in the narrow streets of London, where the slaughter-houses are situated, if they caused the water pipes to be open, and let the water run in large streams down the kennels; nothing tending more to pollute and contaminate the air of a city than dirty streets. The mode of burying the dead

more suitable. Jellies made of calves feet, acidulated with lemon, and some of the peel boiled in it, is an agreeable ingredient of diet, when a redundancy of phlegm, the sure symptom of a weak stomach, does not forbid. Also as a drink, lemon and water should be tried on certain occasions; and if it proves too cold, a little brandy may be added. Good table beer is far from being a despicable liquor, and does not breed wind so much as many imagine. A change of diet in general is necessary, that the patient be not cloyed: and if he complains of being feverish or costive, lenient purgatives may be administered, so as to cause one motion in the twenty four hours: and for this purpose, if soluble tartar, or cream of tartar, dissolved in a little gruel, or

only two or three feet under ground, is very blameable; in hot weather the exhalations must rise, which often prove fatal to the living.

No house can be healthy unless the air has a free passage through it; for which reason houses ought daily to be ventilated by opening opposite windows, and admitting a current of fresh air into every room. Beds, instead of being made as soon as people rise out of them, ought to be turned down and exposed to the fresh air, (except in damp weather) from the open windows through the day: this would expel any noxious vapour, and could not fail to promote the health of the inhabitants.

Proper attention to air and cleanliness, would tend more to preserve the health of mankind, than all the endeavours of the faculty.

No medicine is so beneficial to the sick as fresh air; it is the most reviving of all cordials, if it be received with prudence. We are not, however, to throw open doors and windows at random upon the sick. Fresh air is to be let into the chamber gradually; and if possible, by opening the windows of some other apartment. The air of a sick person's chamber may be greatly refreshed, and the patient much revived, by sprinkling the floor, bed, &c. frequently with vinegar, juice of lemon, or any other strong vegetable acid.—The notion that sick people must be kept very hot is so common, that one can hardly enter the room where a patient lies, without being ready to faint, by reason of the suffocating smell.

a dose

a dose of tincture of senna, or of rhubarb, is taken over night, it will be found adequate to the desired effect: and should the patient be deprived of rest through pain, one or two tea-spoonfuls of the elixir paregoric, may be taken at night. At the same time, a decoction made of sarsaparilla and the seeds of fennel*, may be drank warm going to bed, or occasionally in the day: The good effects of this decoction have been instanced by many persons terribly afflicted with the Gout. Also, when the person can bear it, let the afflicted parts be rubbed well with warm or cold vinegar, at night and morning. He should have clean sheets every week; and his own linen changed every day. The room also should be aired by opening the window or door, as the case permits. If the patient is able, he should walk about; and as soon as possible, take a ride out in a carriage; or, the weather proving favourable, to walk a little on a dry soil, and then return in the carriage; and where it is convenient, company should be entertained, who would contribute to drive the gloom away by cheerful conversation, and thereby facilitate the cure. The necessity of easy shoes, going to bed soon, rising betimes, are doctrines so well understood, that we need not inculcate them here. When a person finds symptoms of the Gout approach, known by a pain in

* To prepare this drink, the following directions are hereunto subjoined. Take of guaiacum dust or shavings, sassafras chips, and gentian root, half an ounce each; of juniper berries and fennel seeds, bruised, one ounce each; of sarsaparilla, four ounces; and of water, three quarts, wine measure. After steeping the ingredients six hours, boil it gently fifteen minutes; and just before it is taken off the fire, let two gills of brandy be added. When this is cold, it must be poured through a fine strainer, and bottled off for use; when the patient may drink from a gill to half a pint twice a-day, warm or cold, as he finds agreeable.

the toe, the best method he can take, is to exercise himself by much walking; and though it should seem painful, yet he must persist, and he will find reason to applaud his resolution. Every one should have a jealous eye on the Gout in his first onset, and make it his study to prevent ensuing attacks.

When pains are felt at the joints, elbows, or fingers, they should be frequently well rubbed, as a means of preventing those chalky eruptions and concretions, so commonly bred in the joints of those troubled with gouty complaints, and who, at the same time, take little or no kind of exercise. Inactivity, perhaps, is much worse than intemperance itself: for if a person be intemperate, unless, indeed, to a very great degree, a tolerable portion of exercise will carry it off: while, on the other hand, though he should be temperate, yet if he uses no exercise, the functions of the body must consequently stagnate: to hinder which is of so great moment, that those prevented from doing it by bodily motion, should get some person to rub them over with a brush, or dry flannel, beginning gently at first, and so harder by proper degrees.

In these gouty cases, cathartics, emetics, and diaphoretics, though pretty much in use, are what we have always strongly objected to, as totally unavailing, and highly prejudicial. For as purgatives first act on the greater vessels, the supply usually given to the smaller ones, is unavoidably cut off, and nature not only thereby weakened, but the blood is impoverished; and what nature too may have thrown out on the extremities, are drawn back again, and falling on some part of the viscera, as the stomach and bowels, produce those alarming effects which so much endanger the life of

of the patient, such as weakness throughout the whole body, sickness at the stomach, gripings, faintings, nervous complaints, and a numerous train of direful and irregular symptoms.

To persons afflicted with the Gout, a due share of patience cannot be too strongly recommended; for it is a disorder that will not be trifled with; and all anger, vexation, and trouble, as it impairs the spirits, should be prevented as far as lies in our power*. The pain attending this malady is frequently such, as to drive the helpless sufferer into a kind of phrenzy, and to lead him, as it were, in a fit of despair, to snatch whatever

* Anger is extremely destructive to health, by its violent exertion of the secret springs which move our machine; wherefore it behoves every one to endeavour to obtain a resigned philosophical disposition, as to the events of this life, which neither prudence can hinder, bravery controul, or pusillanimity avoid coming to pass: this temper will enable us to bear infirmities, or misfortunes, with a dignity suitable to those ideas, which a rational being entertains who looks beyond the present object, and must greatly alleviate misery or pain, and other inconveniences, that otherwise might prove insupportable. When the mind perceives itself bereft of *hope*, what a change in the body! How quickly is that reduced from a form which we delighted in, to a dreadful monument, whose inscription is *despair*! and proves it to be a mere servile agent, who only acts as the superior residentiary within, shall direct and animate. For no sooner is the felicity of the soul eclipsed by outward accidents, than the body is immediately convulsed, and cannot help displaying the hatchment on the countenance, to inform the bye-stander, sorrow or rage dwells within. At the same time neglecting all care for its preservation, by being indifferent as to food for its support: and should the pressing entreaties of friends prevail to take any, the organs of the stomach play the *truant*, and will not dispense with it, until such time the various storms which have agitated the soul are hushed. And this accounts why nervous, and other scorbutic complaints, arising from sudden frights, the loss of friends, or other misfortunes, are very difficult to cure, owing to their absorbing the vital spirits, the very support of human nature.

nauseous medicine may be held forth to give relief, though it should prove ever so pernicious. This, however, he ought constantly to be admonished against, as the same gentle, rational, and alterative means, recommended to cure the Scurvy, are the most proper ones to remove or alleviate the Gout. It was the entire and thorough conviction we had of this, which first induced us to administer the Drops, and experience has given us a very unlooked-for encouragement to continue the practice. Nor does the taking of them require of any the least confinement. They also brace up the nerves, and open obstructions in the minutest passages with so happy an effect, as to have long ranked them as a powerful deobstruent.

With respect to the manner in which we have found it adviseable to direct the medicine to be taken, is not altogether necessary to enter into at present. The folio bill, so universally approved of, for the instructions and observations with which it abounds, one of which is delivered with every bottle of the Drops, treats of it in a way so full and comprehensive, as effectually to prevent any the least danger from happening to the patient, while the required attention shall continue to be given. We have, contrary to the general rule observed in physic, recommended the Drops to be taken at meal-times, in order to convey them the sooner into the blood. Indeed, it goes with reason, that all *alteratives* are used then with much greater advantage than at any other time. At breakfast, we advise every patient to take it in the last cup of his tea; and at dinner or supper, to put the usual dose in his table drink, and drink as usual at his meals*. By this means, the virtue
of

* Persons may continue the Drops with additional benefit when they go to Margate, Bath, or Bristol, to drink or bathe in those waters;

of the medicine kindly mingles with, and effectually insinuates itself into, not only the saliva in the stomach, but also all the humors that flow into the right ventricle of the heart, as well as the arteries and veins; by which the much desired emendation and correction of them, are the sooner and more easily brought about. It is a no small recommendable quality of this medicine, that it creates an appetite, and produces an easy and a regular digestion, which prevents wind from accumulating in the first passages, and hence removes the cause of head-achs, vapours, and other indispositions of a like nature. At the same time, the patient must observe not to take of it more than he finds easy, and creates no disgust in the stomach: for that too much medicine may be as bad as too much food, is a general maxim as evident, as that an over quantity of oil will rather clog up a machine than facilitate its movement.

A great recommendation of the Drops presents itself in their being proper to be taken in every season* of the year, and adapted to the constitu-

waters; but not when they use the cold bath, without lowering the dose prescribed.

* Many entertain a notion, that spring and autumn are the only proper times at which medicines are to be taken to purify the blood effectually; and the more so, formed as it is, under the plausible supposition, that nature is then, and only then, sufficiently strong and able, to thrust forth the humors of a vitiated body. Every one should be aware, that there is as much depends upon the taking of a medicine in proper time, as upon the judicious consideration of age and constitution. To prevent a tree from bearing fruit, or a plant from vegetating, the surest and the best way, would certainly be to destroy them outright in the winter season. So it is with the human body: if physic be given to it in the winter, it bids fair to destroy the humors, and of course, hinder their shooting out, or fructifying in the spring.

tion of every patient, even with pregnant women, children, &c. for if they should disagree, it is but lessening the number generally prescribed for a dose. The quantity too, sufficient to perfect a cure, must vary according to the different degrees of the distemper. Sometimes they will throw the humors out on the body, owing to their assisting nature in expelling them, which is apt to alarm, and be taken for an indication of getting worse, whereas nothing can be a more promising sign of their operating the most desirable effect. At other times, for a while, they will ebb and flow, as it were; and in some, no alteration whatever will appear: but the spots, heats, running ulcers, frightfully large and deep, contract and heal up. Swelled limbs, stiff and full of pain, become pliant, and return obedient to their respective stations. Scurfs on the head and body fall off, and leave the skin smooth. Rheumatic, gouty complaints, find a complete redress. Nervous disorders give way to strength; and life and colour are once more seen to dawn on the face. In many cases, six or seven bottles have been taken to no apparent advantage, while in others, two or three only, have performed all that was wished for, to the no small surprise of every beholder; which points out the impropriety, and indeed the injustice, of pronouncing upon them, before a patient has made a fair trial.—The most difficult task we meet with, in the whole extent of our practice, is to prevent patients being in too great a haste when using our Drops. By excess is the most innocent articles, used to prolong life, made to act as a poison. From the pleasing benefit experienced in the use of a given number, many are erroneously led to expect a greater one by increasing their quantity, than which there cannot be

be a more mistaken notion; the judicious administration, and not the intrinsic virtue, however taken, being what must lead to those great and salutary ends they are meant to produce. To go by, and strictly adhere to the directions in the folio bill, should therefore be a point indispensibly acceded to, no less for the health of the patient, than the credit of the proprietor; for while this is done, we are bold to think, our medicine capable of answering the highest expectations. In advancing this, we are well warranted, by the numerous opportunities we have had, of observing the disease in all those various stages, and diversity of cases, that our Dispensary* hath furnished towards instruction. The afflicted, recurring to them,

* Although the exact form was published a few years ago, with copies of the tickets worked off from copper plates, and copies of the forms from the printed register books, and of the certificates, there are many persons who now may wish to know the particulars of the plan; which we will describe. A person comes, and pleads circumstances, as a large family, &c. or being only a servant, he is informed, he may receive the indulgence, paying only one shilling a bottle, instead of 4s. the present price of a small bottle of the Drops, which generally serves a week in the administration. If he objects to this, as being too much, he is then told to get a certificate, either signed by the churchwarden, minister, or two housekeepers, recommending him; he is then admitted, paying one shilling for six weeks: after that time, should he find it necessary for a continuance, he pays one shilling a month. There are many objects who are admitted gratis.—The Dispensary was instituted 1773. No subscription has ever been asked, to assist in the relief of those unhappy objects. The number (as from the register books) benefitted to the present time, are 3353. The bottles, &c. have been included in the above expense. From the desire of doing the poor a real service, they are dispatched in a quarter of an hour; a circumstance greatly in their favour, as they are often kept at hospitals, and other dispensaries, for several hours, which is often the occasion of the loss of a day's work.—We will beg leave to add, although the number has been sometimes

them, may find a pleasing prospect of relief, perceiving, as they will, the most unsuspected averments of cases, so very extraordinary of themselves, and so fortunate in their circumstances of cure, as at once to claim the fullest credit. It may not also be unnecessary to undeceive those who are extravagant enough to expect a cure, so they do but take the medicine, however intemperately they may conduct themselves with regard to their appetites and pleasures. That our Drops, efficacious as they are, can boast of such Herculean virtue, is what we do not mean to advance. To look for a speedy cure in deep-rooted, inveterate disorders, that by length of time have acquired little less than a state of second nature, or to think that

greater than we could conveniently dispense with, yet we cannot charge ourselves with refusing any single person the desired relief, if they came in the morning of the day which is the time for admission. Add to this, applications from respectable persons in the country have always been attended to, which form an additional number of patients. What further benefit might accrue from a general subscription, to enable the proprietor the better to discharge his trust on a more extensive scale, and to enforce other experiments which the revolving mind suggests, is left to the public consideration to determine. It is a circumstance, however necessary, we are not anxious to solicit.—Relative to another application by letters, we have been censured as bearing too hard, in expecting a compliment, otherwise no answer to be returned. In the medical line, it is much easier to dispatch a number of patients personal, than to discharge their expectations founded on epistolary correspondence, which, for matter and for length, took up much time to read, much to digest, and give an answer, more time than could be conveniently spared, unless more important duties were neglected; apology sufficient to the considerate part of the community. We will add, few letters have escaped notice, although the compliment was not sent, supposing the party could not conveniently spare it, providing the postage was paid. Any one who has not received an answer to their request, must impute it to miscarriage, or being mislaid in the hurry of business; as an attendance in the country for several weeks in the year, is a dispensation that cannot be prudently avoided.

they

they can all at once give way to medicine, argues a total want of physical knowledge; an expectation that cannot possibly be answered: not but that in some patients, short and surprising cures have been performed; while again, in others, months have passed away, without making any flattering progress towards it. Few, however, and we speak it with infinite pleasure, are disappointed of such immediate encouragement, as may prove fully sufficient to entertain them with the warmest hopes of relief, and more than this cannot be well desired, when it is considered, that a length of time must be requisite for medicines to make their way to the blood and juices, so as to convert them from a distempered state to that of a sound one, and restore the solids to their due tone and motion. That the Drops are of such a nature as to operate this, is a point too happily established to be made a subject of controversy; for they have long acquired the praise and admiration of many of the faculty, who have frequently testified the truth. Nor can we doubt, from the very great experience already had of their excellency, that they will be found as complete a remedy as can be obtained, provided the patient shall observe a proper regard to the rules here prescribed, however long and obstinately he may have been afflicted; not forgetting, at the same time, that they are not calculated to give instant ease, but by gentle and alternative means, to operate, and to infuse reanimated life and spirits to the circulation of the blood.

In all diseases we should consider the cause, attend to the symptoms, carefully watch the effects, and from thence we must form our judgment relative to the cure. For after all our endeavours to prevail

prevail over these insatiate disorders, there are, and ever will be, many intricate circumstances accompanying them, not to be explained; but which, in all probability, will ever continue undefineable. In the Gout*, especially, we do not mean to add that it will at all times be easily removed, cured, or eradicated by the specific virtues of the medicine; or that we can afford any considerable benefit in all cases, and in all ages. With reason, aided by experience, we may, perhaps, become the better able to penetrate the inmost recesses of that disorder: but to imagine that any thing will ever be discovered, capable either of performing a sudden indiscriminate cure, or of preventing the Gout or the Scurvy from attacking mankind, is nothing less than the very extreme of absurdity, and what we have never pretended to. But, without a thought of arrogating a merit they do not deserve, whatever is to be done by medicine in these cases, may be expected from the alterative efficacy of the Drops, which tend immediately to that great object of strengthening the stomach, to purify and thin the animal fluids, to correct and to destroy those corrosive humors, which occasion those painful swellings, greatly to be dreaded, and which

* As we consider the Rheumatism, except when it arises from a cold, to be in a great measure owing to the same cause as the Gout, we have not thought it at all requisite to say any thing in particular of that disorder, for the cure of which our Drops have been remarkably successful. In recent cases, caught by sudden colds, even when the limbs are deprived of use, or the person from standing upright, by rubbing well the afflicted parts with a table spoonful of balsam anodyne every six hours, and taking something warm going into bed, to which fifty drops of the elixir paregoric should be added, in order to raise a perspiration, it will not fail to administer the most happy relief, even in so short a time as four-and-twenty hours. But in gouty cases this prescription is hurtful.

reduce us to a mournful state in the midst of greatness, that veils the light of life's meridian day, rendering us poor and helpless, though surrounded with affluence; bringing to remembrance the pleasing ideas of what we once enjoyed when at ease, forcing us to sigh in pathetic terms for relief. Could we once more be free, no matter by what epithet the conveyor of the blessing is titled, for we should, in VIRGIL's harmonious verse, or to that effect, exulting say,

—————*Deus nobis hæc otia fecit,
Namque erit ille mihi semper Deus.*

A P P E N D I X.

TO THE PUBLIC.

IN former different compilations, which we thought necessary to publish, for conveniency, we printed an extraordinary number of copies of the cases to insert occasionally, which will account for our being obliged to add a separate list of recent cures to this publication.

N. B. March the 1st, 1780, is fixed for the rise of the Drops, to 5s. and 8s. per Bottle.

C U R E S.

THE GOUT RELIEVED.

The following is a Copy of Mr. KING's Letter to the Proprietor.

S I R,

The latter end of the year 1773, I was seized with the gout, and have never been free from it since that time, more than six months together, and every succeeding fit continued longer, and became more violent. The last attack I had came on in November last, seizing me in both my feet, knees, and elbow, in a violent manner, and continued till the end of March, which reduced me to a most languishing state, and almost despaired of ever being cured, till seeing in the papers, the many extraordinary Cures performed by your most valuable Drops, which induced me to try them. I have taken two Four Shilling Bottles, and am happily restored to my health and strength, so that I can walk as well as ever I could in my life. I shall continue taking the Drops, and make no doubt but the Gout will be entirely eradicated. I think myself bound, for the welfare of mankind, to give you my consent to publish the benefit I have received: and am, Sir, your most humble Servant,

ALEXANDER KING.

N. B. Any person may be satisfied of the particulars, by applying to Alexander King, Plumber and Glazier, in Rumsey, Hants.

June 12, 1779.

To Mr. SPILSBURY.

S I R,

Chatham, Sept. 6, 1779.

I cannot but return you my sincerest thanks for the cure that I have received by your Drops. I was afflicted for three years with a violent humor in my hands, and left arm, which swelled very much, attended with a dry scurf, which itched to that degree, and was so painful, that I could not rest night or day, or even do any thing. After trying many medicines in vain, I was recommended to your Drops: in taking a few Drops, I found myself better; and by continuing them for these five months, I thank God, I am cured.

I am, Sir, your humble Servant, ELIZABETH BARTON.

Wit. to the Cure, { Mr. THOMAS PIETARD,
Mr. WILLIAM HAYLER,
Mr. W. GILLMAN, Bookseller. } Chatham.

An Extract from GORE's Liverp. Paper, dated Jan. 14th, 1780.

Mr. GORE, Bookseller, at Liverpool, has frequently published very extraordinary cases of the efficacy of Mr. SPILSBURY's medicine, performed at Chester, and at other distant Counties; but now he has the pleasure, accompanied with the liberty, of announcing to the public, a remarkable cure of a scorbutic leprosy, with which a Lady in this neighbourhood had been afflicted on her arms for several years; who, after trying the Faculty in vain, was quickly restored to her health, by the sole use of the said Drops.—For further particulars inquire of the Printer; and if desired, the Lady's Address will be given.

MARY STORER, daughter of Joseph and Mary Storer, Gardeners, in Church-Street, Lambeth, Surry, was afflicted for near five years, with a violent crustaceous corrosive humor, which, after the small-pox, covered her head, and is commonly called a scaled head. She was twenty months under the care of the Dispensary, Soho; eight months an out-patient at the Westminster Infirmary; but grew worse at each place. By the taking of Spilsbury's Drops, she grew visibly better in a fortnight, and by continuing them is restored to her health, as if no such symptoms had happened.

We, who are inhabitants of Lambeth, knowing the particulars of the above, do testify the same, witness our hands,

April 20th, 1780. THOMAS BROOKES, Baker,
THOMAS GRIGG, of the Canterbury Arms.

MARY,

MARY, the wife of PETER CARWELL, now of Bill-Street, in the Parish of Frinsbury, but late of Stroud, in Kent, has, for upwards of four years, been grievously afflicted with the Scurvy, which produced large eruptions, great ulcers on her hands, legs, and other parts of her body, so as to render her offensive to the family, and incapable of going about her house. Three years since she went to Guy's Hospital, where she continued seventeen weeks, but found no benefit. By taking only Mr. SPILSBURY's Drops, she soon found relief; and by a continuance, the eruptions are now no more, the ulcers quite healed, and she is in perfect health.

April 22d, 1780. Witness to this Cure, THOMAS FISHER, Book-feller, of Rochester, joining to Stroud, near Frinsbury, in Kent.

JOHN MITCHEL, a Servant at Mr. GLOVER's, at the Corn Mills in Mitcham, Surry, was a person on whom the Leprosy was eminently displayed on the face and hands, in large blotches like the bark of a tree. On application, he received the benefit, and soon experienced the efficacy of the Drops, which terminated in a cure. Further particulars may be known by a reference to the above party.

July 12th, 1780.

June 19th, 1779.

A Lady of Character, from motives of public zeal, and from the extraordinary benefit she has experienced by the efficacy of the Drops, has left her address with the Proprietor, to satisfy those who may wish for further information relative to the efficacy of so valuable a medicine, in relieving persons labouring under the Gout.

Copies of the TICKETS given to the PATIENTS at the DISPENSARY.

To the Church-Wardens and Overseers of the Parish of
in the County of

GENTLEMEN,

178

FRANCIS SPILSBURY of the DISPENSARY for the Poor, afflicted with either the *Gout, Scurvy, Leprosy, Evil, Rheumatism, &c. &c.* established at No. 5, *Mount-Row, on the Surry Side of Westminster-Bridge*, having been applied to by
in Case of

in Order to be admitted as a *Pauper*, and, in that Quality to receive his *Drops, Advice and Attendance Gratis*, requests the Favour of your authenticating in the following *Certificate*, the Veracity of the said Petitioner's alledged indigent Circumstances, and whether you think to be a true Object of Charity. In doing which you will oblige,

GENTLEMEN,

Your most obedient Servant,

Certificate

Certificate of Recommendation for SPILSBURY'S DISPENSARY.

WE whose Names are under-written, Overseers and Church-
 Wardens of the Parish of _____ in the County
 of _____ certify that _____ by Trade
 is really a *Pauper*, afflicted with
 and in that Quality an Object truly worthy being admitted at
 Mr. SPILSBURY'S DISPENSARY for the Poor, there to partake
 of his charitable Distribution. To attest the Veracity of which,
 We have signed and delivered to _____ the present
 Certificate, this _____ Day of _____ in the Year 178

Anno 178

No.

THE Bearer

a *Pauper*, of the

Parish of

is admitted for

Weeks, on the Recommendation of

to be

treated for

at SPILSBURY'S DISPENSARY,

and there at the same time shall receive the Antiscorbutic-Drops,

GRATIS.

By Order of the Proprietor.

Ticket of Admittance.

Anno 178

SPILSBURY'S DISPENSARY.

No.

AN indulgence of _____ Shillings is hereby granted per every Bottle
 of the Antiscorbutic-Drops to _____

in consideration of _____ unfavourable circumstance.—Dated this
 day of _____ 178

By Order of the Proprietor.

This

Ticket good for

Bottles.

*Names of the Venders in Ireland, for supplying that
 Kingdom with the Medicine.*

*J. Magee, Bookseller, Dublin; W. White, Bookseller,
 Cork; Farrar, Bookseller, Limerick; Magee, Book-
 seller, Belfast; Stevenson, Bookseller, Newry.*

THE END.



C U R E S.

AS Medicines of real efficacy can never be without the most satisfactory vouchers of their merit, the subsequent cases, being above *sixty* in number, are respectfully submitted, no less in testimony of the unrivalled reputation of the Anti-scorbutic Drops, than for the information of the afflicted, who will not fail, upon reading them, to meet with the most happy cures of disorders *similar* to their *own*; and it surely is not saying too much, that the *benefit* done to *one* may be *experienced* by *another*: However, thus far we venture to assert, that what follows here stands on *facts* that have TRUTH, and TRUTH only, for their basis: not that they comprize the whole of the proof that *might* be adduced on the occasion; various services have probably been done by the use of these drops that have never reached our knowledge; many patients who have received the compleatest cures, from feelings of delicacy deny us the privilege of announcing them to the world; while another sort, and especially those of the *fair sex*, as will presently appear, willingly favor us with the nature of their complaint and progress of cure, but (what indeed would more effectually *stop* the *tongue* of *prejudice*) choose to *withhold* the *publication* of their respective *names* and *places* of *abode*. Thus circumstanced, we beg leave to appeal to the candid; and to submit the following cases, not as the whole that might be given were patients *equally* communicative; but as sufficient to demonstrate that my medicine is, in it's extensive *practice*, rather *superior* than otherwise to the expectations that may be formed from the greatness of it's *promises*.

A young lady cured of a violent eruption caught by drinking cold water when over-heated at a ball.

A Young lady having over-heated herself with dancing, and drank some cold water, was the next morning seized with a violent head-ach; this went off with proper applications, but in a few weeks after she broke out all over her body, and particularly in her face in great pimples; her apothecary had done what lay in his power; her body was better, but the humours seemed settled in her face. She began with one large bottle, after taking of which she was neither better nor worse than I could discern; but after the second she seemed better, the pimples were not so large nor fiery, which encouraged her to continue, until seven bottles gave her a complete cure without any outward application.

An extraordinary case of a rash, occasioned by an excess of exercise.

A young lad, sixteen years of age, going into the country in the summer, it being very sultry, by too violent exercise, over heated himself; a rash was the consequence; it came out in small white pimples, very thick, like the small pox, and not taking proper notice of it, it struck in. In about a year after his face came out with large bumps like boils, which were full of blood and white matter; these kept coming and going for five years, his body having little eruptions, which itched violently, and at last turned to a degree of the Leprosy, with white branny spots. He had tried physic of various sorts, from different hands, to little purpose, being sometimes better and sometimes worse. I ordered him my Drops, with five bottles of which he recovered, though he continued to take them for a month after.

An observation on the appetite of those subject to the Scurvy.

This person, as well as the foregoing, had a very good appetite, and, in general I find most young folks that have these scorbutic complaints, have a good stomach, and eat heartily. I have taken this opportunity to mention it, because there are some that would persuade people, that in these cases there is hardly any appetite. Where people live sedentary lives, using but little exercise, their stomachs will not digest much food; and when it happens that these last get any disorder, it is apt to prey on the mind and sicken them; therefore it is no wonder they want an appetite; but in working people, and in general, it is otherwise.

A lady relieved from ulcerated legs.

A lady, who took little other exercise than that of riding in her coach, and not having her health regularly, her legs began to swell, and sometime after broke out in sad sores, and were terribly ulcerated: she was blooded and purged so much as to be brought very low. She was removed to another part of the country, to see what change of air would do; one part of her health she recovered, but these bad ulcers remained; she was for my drying them with outward applications, but on representing the danger, she complied with my advice: when she took one bottle she seemed worse; I recommended, however, another, advising her to walk as far as her strength would allow. By this method she recovered in about three months, taking the Drops constantly.

A young girl rescued from a dreadful leprosy.

A young girl, ten years old, was cured of the Leprosy by these Drops; her arms, legs, and head were terribly scabbed over; no sooner one was

* A certain ill effect of violent exercise, if continued too long, is the inspissation of the animal fluids, and the rendering them acrid and alkaline by mere heat; for the muscular force being raised to it's highest pitch, and continued so for some time, it cannot be conceived with what celerity the blood is pushed on, whereby the friction between the solids and fluids becomes encreased, and the heat of the body augmented so far beyond all moderation, as to throw off the serous matter in such quantities, as to leave the blood thick and viscous, which causes those violent itchings in the skin, arising from very small pimples, scarcely perceivable. Small diluting drinks should be given, in order to thin the blood, that the natural perspiration may be restored.

peeled

peeled off but another came; they itched violently, and run very much. She was obliged to take eight large bottles before she was cured.

A gentlewoman, of forty years of age, was sadly troubled with an inflammation in her face for seven years, attended with great heat, and hard red pimples that would not digest: she could scarce see out of her eyes. After making use of various medicines, great quantity of diet drink, with lotions, drinking and bathing in salt water, and with other minerals and chalybeats, all to no purpose, she was cured by these Drops, and a decoction of the bark.

A gentlewoman cured of an inflammation in her face.

A captain's lady, most terribly afflicted, her arms from the elbows to the wrist being almost one scab, her legs the same, only more corroded; her head full of sores, and her gums quite spongy and decayed from the teeth; her back too had here and there a blotch, great weakness in the knees, the scabs rather darker at times, and when she drank any thing strong they heated and itched, so that she would scratch the places and lay them raw presently; it would easily give way, but would be soon covered again; the scales that came off were like those of a fish, and some as broad as a shilling: the inside of her ears were scurfy. She was greatly reduced when I saw her, and complained of pains like the rheumatic; she had been under a long course of trying many things, but did not keep to any one medicine, or one person long; for she expected miracles. I plainly told her that she must not expect to be cured in a day, and that unless she would be ruled, I would not have any thing to do with her; she promised fair, but was not over punctual the first bottle, but on taking the second she began to be used to the medicine, as it did not confine her; the third bottle mended her much, and she was quite well before her husband came from abroad. She drank saffrafras tea for breakfast, and a decoction of elm bark towards the end.

A very extraordinary scorbutic case.

When she got better the scabs began to break in the middle, or form a shape like a crescent; in the middle it would be whole smooth skin, and almost all round it would be scurfy; and I have generally observed that these scurfy eruptions mend and go away in this manner, and when quite well, leave no scar behind, except of ulcers that have eat deeply in.

An observation on the cure.

A young lady was inoculated for the small-pox, and got well over it to all appearance, but that arm where the incision was made did not heal up, and soon after broke out in running sores and spread itself; the other arm was infected, and the face like so many boils; when one seemed to mend, another grew worse, till at length the child had no strength, and could not be moved without pain: she had been well physicked by the person who inoculated her, in hopes to carry off the humors. I gave her the drops in small quantities at first, and so increased them, and ordered her to drink nothing but a decoction of saffaparilla, with a little liquorice in it, and kept her upon this for six weeks, then gave her the bark in the room of the saffaparilla, with which she finished, and recovered in three months time: her strength and appetite came by degrees about three weeks after she began taking the medicine.

A young lady recovered from a breaking-out, arising from an imperfect cure of the small pox.

A young woman in *Spittalsfields* was afflicted with a scorbutic disorder: She had at first small pimples come out of her face, which soon grew to large blotches, attended with a violent pain of the head at times; her body was so sore that she could scarce bear her itays, or turn herself in bed. I ordered her the drops; and when she found her humors too hot, to drink a little water, with a small quantity of cream of tartar or nitre dissolved in it, sweetened with

A remarkable case.

with sugar, and at night to drink warm a decoction of saffraſas and ſarſaparrilla the laſt thing. By theſe medicines ſhe quickly recovered. She waſhed her ſores ſometimes with the decoction hot.

A ſcorbutic caſe.

Another perſon was troubled with a ſcorbutic complaint; his arms and legs would come out in pimples, itch violently, and when he ſcratched them there would gush out a black grumous blood. He had worn a girdle for it, but found no ſervice, ſo left it. I gave him ſome bottles of Drops, which he took, and ſoon got well.

January 1, 1770.

A very bad ſcurvy removed.

Mr. Thomas, of *Spittalsfields*, had been many years afflicted with an inveterate ſcurvy; his legs had large blotches covered with ſcurf, that peeled off, and new ones came; his head was almoſt covered with ſcabs that ſtuck very hard, and were greatly inflamed; a humor ran from them that ſmelt ſtrong, and his eyes were weak. By the uſe of theſe Drops, and a cooling regimen, he recovered his health, and at this time has not a ſpot to be ſeen.

S I R,

Abingdon Street, Weſtminſter, Feb. 3, 1770.

A letter of thanks for the happy cure of a ſcorbutic eruption.

As my complaint is peculiar, and the benefit I have received from your Drops had a ſurprizing effect in curing me, I am deſirous it may be published for the benefit of the afflicted. I have been troubled with eruptions of a dry ſcurf over moſt parts of my body ſeveral years, a ſwelling in one of my legs, no pain, but a great itching and hard, attended with an uncommon lowneſs of ſpirit, and a great weakneſs and cold conſtitution. I tried many things, but to no purpoſe, after which I was recommended to your Drops; on the taking of three bottles, I found my weakneſs to abate, and my health to return gradually, and by continuing the uſe of your medicine I am perfectly cured. I am, Sir, with a heart full of gratitude, your well-wiſher,

ELIZ. HOPKINS.

The removal of a leprous caſe, &c. acknowledged.

Mr. Lofts, of *Norwich*, preſents his reſpects to the Proprietor of the Univerſal Anti-ſcorbutic Drops, and is obliged to him for his advice, particularly in regard to his child's mouth; and has the pleaſure of acquainting him of the perfect recovery of his ſon's diſorder, by the conſtant uſe of his Drops. His caſe: He was afflicted with the leproſy, which firſt came out in ſpots, then pimples, which ſpread and turned into large ſcabs, ſometimes dry, and ſometimes moiſt, attended with a fever; the lips parched up, the gums eat away, and ſmelt very ſtrong; every morning a white lea was upon them, which waſhed away; when ſhe got better, the ſcurf came off, (as deſcribed in your book) and the humor gradually ceaſed, till the natural ſkin appeared. You have my leave to publiſh this. I am, Sir, your humble ſervant,

January 15, 1770.

L. L O F T S.*

S I R,

Greenwich, Feb. 9, 1770.

An obſtinate ſcurvy remedied.

I have for years paſt had an obſtinate ſcurvy, which baffled the art of medicine from different hands; likewise the *Bath* water. Bathing in the ſea produced no cure, for like the ſea it ebbed and flowed. Hearing great praiſe of your medicine, I was induced to make trial of it, and a few bottles convinced me it was deſerving of it; my ſpirits and appetite, which before were

* The medicine preſcribed for the gums when eaten away, as mentioned, with a corroſive matter, is very efficacious, and is as follows: Take tincture of myrrh and roſe water one ounce of each, honey of roſes four drams, elixir of vitriol ſufficient to give it an agreeable acid; dip a feather, and touch the part four times a day. This gargle may be uſed for a ſore mouth.

weak

weak, increased amazingly; my scorbutic blotches, which infected my face and body, began to disappear; my body is now regular, which before was costive; and by taking ten bottles I am restored almost to another person, to the surprize of all my acquaintance. Your obliged humble servant,

S. C R E E C H.

S I R,

Chelfea, June 23, 1771.

I have the pleasure to acquaint you, that my wife has received a perfect Another of cure of an inveterate scurvy by taking your excellent drops, and complying many years with your advice; as her complaint is so very common to the human frame, standing ef- it would be injustice in me to conceal it from the public. She had been fectually troubled with slight eruptions on her skin from a child, on different parts of cured. the body, that did not last long at a time, but went and came as the year proved favourable. About eight years ago the disorder began to settle, and increased on several parts of the body, arms, legs, face, and the crown of her head, with a dry scurf, which came off, and then discharged a yellow corrosive matter, particularly those blotches on her legs, which heated and itched prodigiously; her complexion was yellow, her stomach could not digest her food, but was generally thrown up again with a sourness that set her teeth on edge; no desire to stir about, but heaviness hung upon her, and when the sores on the head did not run, a head ach and dimness of sight generally attended, which went away again on a discharge of the humor. Such was her situation when she began to take your valuable medicine, with the third bottle of which she found an alteration, and by persevering in the use, has had the happiness to be restored to her health entirely, and is free from those tiresome complaints. It is now five months since she took any drops. I am, Sir, with great respect, your humble servant,

FLETCHER READEN.

S I R,

Preßon, December 2, 1772.

I should be wanting in gratitude to you, and compassion to my fellow- A third sufferers, did I not make public the cure I have received by taking your va- gratefully luable medicine. Know, Sir, I have been afflicted upwards of seven years acknowledge- with eruptions on several parts of my body, like the leprosy, with branny ledged. scurf which rubbed off easily, but came again with itchings, and at times ran and smelt very bad; likewise large pimples on my face full of matter. Having tried many things, I began to despair; but hearing so much said in the praise of your drops, I ordered half a dozen, and found them exceed my hopes, and by continuing them am perfectly cured. I am, Sir, with much respect, your most humble servant,

ZACH. TOMKINS.

Edward Edwards, of Wither's Court, Whitecross Street, London, maketh oath, that he the said deponent was afflicted with a scorbutic humor for several years past in his face, which occasioned his lips to swell to that bigness so as to distort his face, and prevent him from speaking plain; likewise, on his arms and other parts of his body, large bumps as big as hazel nuts frequently came out with burning heat like fire; after taking several things to no purpose. The said deponent also declares that he had heard of the great cures performed by the Universal Anti-scorbutic Drops, upon which he took one dozen of bottles, by the sole use of which he has obtained a perfect cure, and now remains in perfect health.

E. EDWARDS.

Sworn at the Guildhall of the City of London this 6th day of May, 1772, before me.

J. BIRD.

S I R,

S I R,

Ruthin, in Wales, Nov. 19, 1772.

A patient
entirely re-
lieved from
a complica-
tion of ob-
stinate dis-
orders.

It was with great reluctance I could be persuaded to try your medicine, (after I had taken so many in vain) though it came with a powerful recommendation, viz. the cure of a friend. I was afflicted above eight years, struggling with a complication of scorbutic disorders, bad digestion, an ulcerated leg, frequently troubled with the piles, a scurf on the head and other parts of the body, which scaled off like the leprosy, and sometimes itched so terribly, that I often scratched the place till it was raw; such was my condition when I began to take your drops. Wonderful indeed! After I had taken a few bottles I found an amazing difference, and by continuing them three months I was quite restored to my health, and am now entirely free from those dreadful complaints. With pleasure I recommend them to the afflicted, and am, Sir, with gratitude, your most obliged humble servant,

O. HINSDEN.

S I R,

Litchfield, January, 1773.

A case of
the scorbu-
tic cancer-
ous kind.

I had long laboured under a complaint of the scorbutic cancerous kind, which rendered my life burthensome, viz. several ulcers in my legs which had eaten very deep, a bad habit of body, frequently in a fever, accompanied with a foetid breath; on my head several sores, sometimes dry, other times moist, a great weariness by day, little or no rest by night, and that disturbed; my blood very hot, and itched violently, particularly in the winter season, as you have particularly described in your useful Treatise on the Scurvy, the reading of which first determined me to make use of your excellent medicine, by the use of which I gradually recovered, and am now in perfect health, entirely free from those complaints; it is now five months since I left off taking the drops. In gratitude for your advice, and justice to your noble medicine, you have leave to publish this. I am, Sir, your humble servant,

E L. RIPPIN.

S I R,

Malden, in Essex, February 21, 1773.

A remark-
able scorbu-
tic case.

As a farther testimony of your drops, and a satisfaction to the public, I do hereby acknowledge the great benefit I have received by an easy, expeditious cure of an inveterate scorbutic leprosy, dispersed over several parts of my head and body in large blotches, attended with lowness of spirits, and an excessive itching, which smelt intolerably when the discharge was profuse. I was afflicted several years, and at a prodigious expence, all to no purpose, but grew worse. On reading a remarkable case of fifteen years standing, cured by six bottles, it determined me to try your medicine. Happily for me a few bottles allayed the itching, and my sores began to decrease: I continued, and by taking ten bottles am perfectly recovered, and now enjoy my health. You have my leave to publish this.

I am, Sir, your ever obliged servant,

ANT. BENTON.

S I R,

Stow, in Gloucestershire, June 1, 1773.

What pleasure must it give me, (who has been severely afflicted with an inveterate scurvy over several parts of my body for several years) to acquaint you I am cured by taking of seven bottles of your valuable drops, after having tried many other medicines in vain. You have my leave to publish this. I am, Sir, your humble servant,

H. LEWINGTON.

Likewise *Mary Robinson*, a maid-servant, at *Goldsmith's* coffee-house, *London*, was cured by four bottles of a bad surfeit, (caught by drinking cold water when she was hot) which broke out in yellow unsightly spots about her neck, and other bad symptoms.

S I R,

S I R,

London, June 17, 1773.

By the recommendation of a friend, who was cured of a scorbutic complaint by two bottles of your Universal Anti-scorbutic Drops, I was induced to try them for an inveterate scurvy, which was as follows: For several years I was afflicted with eruptions, which at last settled on my arm, and was so swelled, and in such a bad, painful, inflamed condition, as to fear the loss of it. I applied to an eminent surgeon, but without relief; I then was a patient at the *London Hospital*, but could not get cured; the swelling was abated, but left a fixed large liver-coloured place as broad as the palm of my hand above my wrist, which sometimes was so bad as to oblige me to leave my place at service. On taking five of the bottles, the large spots, and all others were entirely removed, and my skin quite smooth; and by taking three more I am perfectly cured, and have not found the least return of my disorder. Any person calling at No. 22, *Wood street, Cheapside*, may be fully satisfied of the truth and particulars. I am, Sir, your humble servant,

S H. B U R D E N.

This is to certify, that I *Thomas Roach*, son of *Patrick Roach*, of the parish of *Clonallon*, in the county of *Down*, was afflicted for several years past with an obstinate scorbutic disorder all over my body and arms, for which I had taken many medicines without finding any benefit, and from the virulence of the disorder had almost despaired of recovery; but being recommended to try your Universal Anti-scorbutic Drops, I found six bottles of that valuable medicine produce a convincing proof of it's surprising efficacy, by completing a cure to the astonishment of every person that had seen the state of the disorder; it is now several months since I quitted taken the drops, and I have not found the least symptoms of it's returning. Given under my hand, *October 29, 1773*.

T H O. R O A C H.

Witnesses—*John Caulfield*, merchant, and *R. Stevenson*, bookseller, in *Newry, Ireland*.

S I R,

November 4, 1773.

A few years ago I got a bad surfeit by drinking cold water when hot, which soon broke out in an inflammatory rash on my arms and other parts of my body, which itched intolerably. Having tried various medicines, with the assistance of one of the hospitals, all to no purpose, I heard of the extraordinary cures your Universal Drops had performed; I tried some of them, and happily for me, eight bottles cured me without trouble or pain. I am, Sir, with gratitude, your humble servant,

S. J A C K S O N.

At Mr. *Stockford's*, No. 22, *Gutter-lane, Cheapside, London*.

S I R,

Turnmill-street, January 10, 1774.

The kindness I have received at your hands, (in curing me of an inveterate scorbutic disorder by your Universal Anti-scorbutic Drops, when I was in the midst of despair, having tried many medicines in vain) demands the tribute of a grateful acknowledgment; and for an encouragement to others, I will relate my case. I was afflicted near seven years, chiefly on my left arm, from my elbow to the wrist, which formed a crust, and a continual scalding humor ran down to my fingers ends, the same on my neck, a large place, which run to my waste, and itched so intolerably, that I scratched in my sleep to such a degree that I was frequently raw; my stomach was weak, and in so poor a state, that almost every day there came off half a pint of clear water, and continually drowsy; every one that knew me said I was in a deep consumption. After I had taken four bottles my stomach was much strengthened,

strengthened, and I mended daily, and by continuing am perfectly restored to my health, and free from all complaints, as hundreds in the neighbourhood can testify. I am, Sir, your humble servant,

W. TURLEY.

Witnesses—Mr. *Evan's*, at the *Turk's Head*, *Turnmill-street*, and *Edward Harrison*, *Well street*, *Oxford Road*.

S I R,

London, March 5, 1774.

The efficacy of the drops fully displayed in the cure of a very desperate case.

If mankind in general were ready to communicate to the public the good effects they receive from medicines, many persons would be infinitely obliged to them, as they might be relieved (at a very small expence) from the most dreadful complaints, as I have been, which induces me to desire you will publish mine, and which is as follows: About eight years ago a bad irritating humor broke out on my body, arms, and legs in small pimples, which itched intolerably, and kept growing worse, so that the humor got so strong as to affect my eye-sight, attended with a bad head-ach and a pimpled face, accompanied with a lost appetite and a fever: after having tried various medicines to little purpose, I was advised to try your Universal Anti-scorbutic Drops; after I had taken two bottles I found relief in my head and eyes, but the medicine then forced the humor out in a number of large boils on my body, some of which were as broad as a crown piece, and discharged a foul corrosive matter for seven weeks, and then healed up gradually. I continued taking the Drops, which created an appetite, and agreed with me very well, and purified my blood, that I am now entirely free from all complaints, having not taken more than eleven bottles. Any person calling at No. 5, *Charing-cross*, opposite *Northumberland-house*, shall be satisfied of the truth of the above. I am, Sir, your obliged humble servant,

JOHN VALENTINE.

March 5, 1774.

A patient recovered by one bottle from the Gout in his feet.

Mr. *Sagoe*, keeper of the toll at the obelisk, *Blackfriars-bridge*, was very much afflicted with the Gout in his feet, but was so much relieved by one five shilling bottle, and a decoction of *sarsaparilla* at night, that in a few days he was able to wear a common shoe, to the great surprize of all his acquaintance.

April 2, 1774.

An ulcerated head relieved.

Thomas Granby, four years old, son of Mr. *Granby*, at No. 2, *Britannia Row*, *Lambeth*, near *Westminster-bridge*, was terribly afflicted with a bad ulcerated head, and other swellings and pimples on his body, but cured by two bottles only. After taking the first bottle the sores discharged a foul corrosive matter, which smelt intolerably, and then healed up gradually, as usual in those complaints.

A girl cured of a very bad swelling on her ear.

This is to certify, that my daughter, of fourteen months old, was cured (by one five shilling bottle of *Spilsbury's Anti-scorbutic Drops*) of a very bad swelling on the ear, of several weeks standing, which run a foul matter, and the humor crept along the cheek with a white scurf, which peeled off and then came again. Witness my hand,

May 14, 1774.

JOHN CRAWFORD.

At the *Castle*, near the *Turnpike*, *Westminster-bridge*, *Surry*

June 15, 1774.

Mrs. *Jane Stevenson*, of *Stamford*, *Lincoln*, was troubled with the Scurvy attended with lowness of spirits, rheumatic pains, and loss of appetite, for near two years, was cured by five bottles. Witnesses, *H. Stevenson*, and *William Royce*, Bookseller of *Stamford*.

S I R,

S I R,

Sept. 4, 1774.

I have the pleasure to acquaint you, that by taking of your valuable Drops, A remarkable cure.
 I am perfectly cured of an inveterate Scorbutic Humor, that had settled at the lower part of my face for fifteen years; it was dreadful to look on, and too bad to be described, forming a crust all round my mouth, so bad sometimes that I could scarce open my mouth to take food in; it run very much, and when it was shaved off grew again in a night's time. I took several advertised medicines, and had the best advice of the faculty, but found no relief; at last on being told what astonishing cures in various cases your medicine had performed, induced me to try them; and, to the surprize of myself and all my acquaintance, before I had taken six bottles, I was entirely relieved from my misery, and it has not shewed any signs of returning again. I desire you will publish this that the afflicted may know where to find relief.

R. BAKER,

Ivory Turner, in Red Lion Court, Grub Street, London.

October 8, 1774.

This is to certify, that I *Abraham Geers*, of *Gray's Inn Lane, Holborn*, A scorbutic case attended with deafness.
 London, have been afflicted for several years with an obstinate scorbutic disorder, attended with great itching on my body and arms, for which I had taken many medicines in vain; and from the malignancy and the continuance of the complaint had despaired of relief, for the humor had caused a pain in my head, with deafness, for nine months, which rendered me incapable of my business; but by the blessing of God, and taking ten small bottles of *Spilsbury's Anti-scorbutic Drops*, am perfectly cured of my deafness and the above disorders. Witnesses to the said cure,

Mr. G. Stevens, *Tasb Street, Gray's Inn Lane*,Mr. J. Cotter, in *Fox Court, Gray's Inn Lane*.

October 12, 1774.

Mrs. Church, at Mr. Allen's, in *Old Tuttle Street, Westminster*, afflicted A cure of the rheumatism.
 terribly with the Rheumatism near fourteen months, so as to deprive her of the exercise of her limbs, and rest at night, by reason of the pain, accompanied with a fever, cured by thirteen small bottles of *Spilsbury's Universal Anti-scorbutic Drops*.

Jean Read, servant to Mr. Cranston, master of one of the city of *Edinburgh's* schools, was grievously afflicted with a most inveterate scurvy, so that her whole body was almost covered over with a thick scurf, which came off at times in large pieces, and immediately grew as thick as formerly; and An inveterate scurvy effectually relieved.
 having been informed of the happy effects of *Spilsbury's Anti-scorbutic Medicine*, and that he was so charitable as to order Mr. Elliot to give it gratis to two patients that were not able to pay for it, application was made for her, and by the use of it alone, she is now perfectly cured of that disorder. And from gratitude to Mr. Spilsbury, as also for the information of others who may labour under the like disorder, she desires this may be made public.

Edinburgh, Dec. 10, 1774.

JAMES CRANSTON.

N. B. As a farther proof of the efficacy of these Drops in this country, any person calling at Mr. Elliot's, may have the perusal of letters from several persons, who would not chuse to appear in print.

Newcastle, April 20, 1775.

A gentleman's maid-servant in *Newcastle upon Tyne*, afflicted with the Scurvy, that her hands became so much contracted as to disable her from working: and on applying to a gentleman of the faculty, he told her she Hands contracted by the scurvy, restored to had
 B

use by the
taking of
two bottles
of drops.

had no remedy but keeping her hands from water; but hearing of the wonderful efficacy of SPILSBURY's Drops, she took only two of his bottles, which restored her hands to their former state, and she is now perfectly able to perform her work. The truth of this may be known by applying to Mr. SAINT, Printer of the *Newcastle* paper.

S I R,

London, May 3, 1775.

An extraor-
dinary cure
of the gout.

I shall always think myself obliged to acknowledge the very great benefit I have received by taking your Drops, which has had a happy effect, by relieving me from disorders that had reduced me to the lowest ebb. Although I made use of and took a multitude of prescriptions of some of the most eminent physicians in London, and likewise several bottles of an advertised medicine, and made three journeys to Margate without receiving any relief whatever, and was almost in despair of ever being cured, when happily I was advised to make a trial of your Drops, which have given me new life, though near fifty years of age, and have been upwards of five years most violently afflicted with the RHEUMATIC GOUT and SCURVY, which had enfeebled me to such a degree that I was not able to dress or undress myself for eight months at a time; but am now, thank God, happily restored to my health and strength; and being very desirous that the public should know where to apply for relief in such cases as mine, (of which the faculty are as yet in the dark) I will do myself the pleasure to wait on any gentleman or lady, to give any further information required, and am, with the greatest respect, Sir, your most humble servant,

Harrow, Salisbury-court, Fleet-street.

J. KELLY.

S I R,

July 23, 1775.

Nine scor-
butic holes
in the leg
healed up.

By taking five bottles of your Drops I am cured of nine holes in my right leg, after having advice and been at large expence with the faculty without success, until reading in the papers of the great cures your noble Drops had performed, which induced me to try them. You have my leave to publish this. Witness my hand,

JANE TAYLOR,

Jarvis-house, Sun Tavern Fields, St. George's in the East, London.

S I R,

July 27, 1775.

Also a like
humor in
the hollow
of the arm.

I John Knight, shoe-maker, near the turnpike in *Strood, Kent*, was afflicted five years with a scorbutic humor in the hollow of my arms, almost round, and my shoulders were covered with it, which was attended with excessive itching, and run a humor as clear as water, which scalded and corroded other parts, and stiffened my shirt like buckram, and the skin scaled off with white scurf and then came again, attended with a fever; I was scarcely able to do any work; my face was full of large pimples: In short, my complaint was too bad to be described. By taking four small bottles of SPILSBURY's Drops, I found surprizing relief, and by continuing them. I am cured of these complaints—Any person may be satisfied of the truth by applying to me as above, or to Mr. Fisher, Bookseller at *Rochester*, who saw me in my miserable condition, when I applied to him for the Drops.

JOHN KNIGHT.

August 10th, 1775.

Mr. Randal Dormond, of the 10th ward, *Chelsea*, afflicted fourteen years with the Gout and Rheumatism, often so bad as to deprive him of the use of his limbs, and after trying many medicines in vain, was cured by twelve large bottles.

A tradesman

August 26, 1775.

A tradesman in the city of *Peterborough*, who had several holes in his legs, after having been at the salt water and found no benefit, was cured by taking six bottles only of SPILSBURY'S Drops. Witness Mr. *Hornden*, Bookseller, of *Peterborough*, *Northampton*.

September 5th, 1775.

Mrs. *Elizabeth Forster* cured of a bad scurvy and other disagreeable complaints, by taking only six bottles of SPILSBURY'S Drops. Witness Mrs. *Hall*, No. 103, *Beaufort buildings*, *London*.

December 22, 1775.

Mrs. *Mary Clay*, afflicted with a leprosy on the arms and body: some of the spots as broad as a half crown, which scaled off and then came again, cured by twenty small bottles. For particulars enquire at the *Seven Stars*, *Bromley*, near *Bow*, *Middlesex*.

January 2d, 1776.

Captain *Millar*, at No. 12, *Dean-street*, *Shadwell*, *London*, of the *Mary*, Ulcers in the legs removed. lately returned from *Virginia* reading Mrs. *Taylor*'s cure of nine holes in her leg by five bottles, tried these Drops, and is now cured, to the surprize of himself and friends, by six large bottles only, of one large ulcer, and two small ones in his leg, of five years standing, which had baffled all the efforts of the faculty.

S I R,

February 4, 1776.

I suffered several years under the most violent Scurvy, which broke out particularly in great fissures, with scurf on my hands, like the bark of a tree, which not only rendered them a sad spectacle, but deprived me, in a great measure, of their use; and after having applied to several eminent physicians in vain, (what is no less extraordinary than true) I was cured by taking only five small bottles of your Drops. I am, Sir, with respect, &c.

MARY WEATHERHILL,

At Mrs. *Underwood*'s, No. 8, *Broad-street*, *Carnaby-market*, *London*.

A Gentleman, far advanced in life, laboured under an inveterate Scurvy more than twenty eight years, by obstructions, and at different times it caused a rheumatic Gout, great lassitude, wandering pains, scurvy, blotches, eruptions, yellow and black jaundice, and other illness; he tried many internal and external Antiscorbutics, without effect; he is now free, in appearance of the scurvy and complaints, by taking, according to direction, SPILSBURY'S Anti-scorbutic Drops. Any person may be satisfied of the truth of the fact, and the Gentleman's name, by applying to Mr. *Pool*, bookseller, in *Chester*.

From the
Chester
news-paper
of Feb. 9,
1776.

I *Henrietta Paterfon*, step daughter to *William Gray*, taylor in *Edinburgh*, aged sixteen years, have been troubled with a most inveterate scorbutic humor in my feet for upwards of ten years, to such a degree, that one of them broke out in large holes, and continued running and casting large scales like bark, notwithstanding the many applications of different medicines, by the most eminent physicians of this place, all without the least effect; till about nine months ago I was recommended to Mr. *Elliot*, to make trial of Mr. SPILSBURY'S Anti-scorbutic Drops, which I have used ever since, according to Mr. *Spilsbury*'s directions. I had not used two bottles before I began to

A remarkable
cure at
Edinburgh.

find the good effects of that medicine, which has continued daily to such a degree, that I am now quite recovered.

HENRIETTA PATERSON.

Any person doubting the truth of the above, may be fully satisfied, by applying to the said *H. Paterson*, at my house in *Lazw's Plain stone close, Canongate, Edinburgh.*

Edinburgh, March 9, 1776.

WM. GRAY.

The above is likewise attested as a fact, by

John Carstairs,	} Surgeons, Edinburgh.
George Wright,	
Thomas Matthew,	} Elders, College Kirk, Edinburgh.
Robert Walker,	

S I R,

May 26, 1776.

Another remarkable cure of the Gout by six bottles only. For more than six months I was not able to make any use of my hands, even to feed myself, or move my hat, through that most excruciating complaint called the Gout, which had reduced me to the most languishing condition, and almost to death; and, being above seventy years old, I despaired of a remedy, when fortunately I was recommended to you by a lady of character, who advised me to make use of your Drops.—I had no sooner taken the first bottle but I got new life, and by six large only, I found myself perfectly cured (though it was in the hard frost) to my great satisfaction, and surprize of all those who knew me.

My Wife, who had long been subject to violent rheumatic pains in both her arms, was also cured by two bottles of your valuable medicine: With pleasure and with gratitude we subscribe our names, and will satisfy any one concerning the particulars thereof, at the *Wheat-sheaf, in Glanville street, Rathbone-place, St. Pancras, London.*

THOMAS and MARGARET CORKRAN.

A remarkable cure of the rheumatism.

We Messrs. *John Christie*, Minister in *Carnwath*, and *Robert Wilson*, of *Cleugh*, think it incumbent on us to acquaint the public, that we applied to *Mr. Elliot*, some months ago, for *SPILSBURY'S* Anti scorbutic Drops, for a poor woman, the wife of *James Wood*, ploughman to the said *Robert Wilson*, which he was so kind as to give her gratis at our desire. She has now taken four bottles of the medicine, and is at present using the fifth, and is so far recovered that she can perform any ordinary work, and can now walk a good deal by the help of a stick, although she was afflicted to such a degree for three years and a half, with the Rheumatism, that she could not move hand or foot, and had not the least feeling, although she was rubbed to such a degree that they broke the skin, yet she never was the least affected by it, nor complained of any additional pain. I, the said *Robert Wilson*, do also attest, that I have been a good deal troubled with rheumatic pains in my knees for two years past; and seeing the good effects of the medicine on the above poor woman, I used three bottles, and find myself much eased of the pain, only the cracking remains in my joints, as described in *Mr. SPILSBURY'S* printed directions.

Cleugh, July 24, 1776.

JOHN CHRISTIE, Minister.
ROBERT WILSON.

The original certificate, wrote by *Mr. Wilson's* own hand, and signed by him and the *Rev. Mr. Christie*, with many certificates of a like nature, may be seen at *Mr. Elliot's, Bookseller, at Edinburgh.*

July 27, 1776.

In January, 1774, *John Palmer*, a shoe-maker, near fifty years of age, A dreadful now living at *Mrs. Sango's Muffin-shop*, in *Grafton street*, *St Ann's, Soho*, scorbutic London, was, by the advice, and at the expence of *Mrs. Millar*, of the case. Cock in the said *Grafton street*, brought to my Dispensary in a coach. He had been afflicted twelve years. His complaint began by a pain in the left arm, which soon broke out in large ulcers, and whence, during the course of cure by the Drops, two splinters were worked out. In his right thigh there were near forty running ulcers, some so large as would have contained a pigeon's egg, attended with a most foetid smell. Under his chin was a large ulcer. His face and mouth were both ulcerated. On his breast there was a hole so large as to contain a pullet's egg. He had been in *St. Bartholomew's Hospital* six weeks; one month an out-doors patient in *St. George's*; six months in the *Westminster Infirmary*, and every where deemed incurable. — I gave him, then, the quantity of four seven shilling bottles of my Anti-scorbutic Drops in one, from the use of which he was so far recovered as to be able to walk to my Dispensary and fetch a second dose, by which he got strength enough to work. Thus continuing, in nine months all the capital ulcers were healed, except one or two now found. Ever since he has continued to take the Drops to this day. He has still however three or four small holes under the seat; otherwise he is very hearty and able to work.

☞ The reader is requested not to trust to this mere assertion, but to enquire from the man himself, and his neighbours at the places above-mentioned. They will see the deep scars left behind the healed-up ulcers, and know more of the particulars of so extraordinary a case, too long for inserting more minutely in this place.

September 4th, 1776.

On December 15, 1775, *Margaret Maloon*, fifty years of age, of the parish A cure of of *St. George, Southwark*, was recommended to my Dispensary by the the leprosy. Rev. Mr. Dyer, minister of that church, to be treated for a very violent scorbutic Leprosy, with which she had been afflicted two years. — Her case was that the whole trunk of her body, without excepting her head, arms, legs, &c. was covered with a scurf, that came off in large scales, which constantly renewed themselves as fast as they went, and were attended with so great an inflammation in the eyes of the patient, that she could not see. — The cure was completely performed by fourteen small bottles of my Anti-scorbutic Drops; at the taking of the very second of which an amazing alteration was already sensible, and thus gradually increased till it was perfected by the above mentioned small number of bottles. — For more particulars enquire of Mr. Wedge, at the *Angel, Angel court*, in the *Borough, Southwark*.

October 15th, 1776.

Joseph Wesley, serjeant of the 62d regiment, commanded by Captain Ash, Nine ulcers after having laboured for two years under a scorbutic habit of body, at in the right tended with nine ulcers in his right leg, which had baffled the skill of several leg cured by of the faculty, was perfectly cured by taking only five small bottles of *Spilbury's* Anti-scorbutic Drops. — For further particulars enquire at his quar- five small bottles. ters, Mr. Millar's, the *Castle, Lambeth Marsh, Surry*; or of Serjeant *Conolly*, who introduced him to the Dispensary.

January the 5th, 1777.

Captain *Evans*, in *Pembroke, Wales*, who (with many other respectable A gouty personages) has been so obliging as to give leave to Mr. SPILSBURY, case. Chymist, of *Mount Row, Westminster Bridge, Surry*, to mention him as one to refer to, has received surprising benefit from the use of his excellent Anti-scorbutic

scorbutic Drops in the Gout; for whereas he used to be confined frequently with excruciating fits four months at a time, he now seldom has a fit above as many days. Other particulars may be known of Mr. *Wilmot*, book-seller, in *Pembroke*.

February 5, 1777.

A cure of a scorbutic evil by nine small bottles. Mrs. *Elizabeth Tucker*, at No. 18, *Red Lion Passage, Red Lion Square, London*, was dreadfully afflicted for fifteen months, with a scorbutic Evil in her left arm, mostly on the wrist, in which were seven deep corrosive ulcers, attended with weakness, pain, and swelling, so as to render the arm useless, and to endanger amputation: After having tried the salt water and various medicines, by advice of the faculty, to no effect, was recommended, November 4, 1776, to SPILSBURY'S Anti-scorbutic Drops, and by taking only nine bottles is perfectly cured. For further particulars enquire as above, or of the neighbours.

S I R,

April 19, 1777.

Eleven holes in one leg healed up.

I have the pleasure to inform you, that your Drops have performed a most surprizing cure on the wife of *Francis Mayes*, of *Marwborn, Huntingdonshire*, who had eleven holes in one leg. By taking six small bottles they are all healed up, and the poor woman is able to go about her family affairs again. You cannot say too much, Sir, respecting this very singular cure.

JOHN HORDEN, Bookseller, *Peterborough, Northamptonshire*.

Mr. *F. C. Vernsbury*, comedian, at *Peterborough*, was cured of a scorbutic disorder, which shewed itself of the leprous kind, by taking only three seven shilling bottles of SPILSBURY'S Drops. Enquire of Mr. *Horden*.

S I R,

July 13, 1777.

A scorbutic case of eighteen years standing.

About the month of *December, 1758*, I had for several weeks a most severe Fever, succeeded by a violent scorbutic complaint, and have ever since (eighteen years) had, at intervals, sore ulcered legs, for which I was treated by several of the faculty, but to no other purpose than a little temporary relief. The disorder grew so violent that I became almost a cripple, and though I tried many advertised medicines, and conformed to diets, drinks, &c. I found no benefit. Very happily for me, I read a number of well attested similar cases cured by your Drops, which induced me to a trial. I began taking them in April, 1776, and having used seven or eight bottles, the violent itching in my blood began to abate, next the swellings in my legs went down, and the sores all healed up one after another, so that by the blessing of God, I was wholly freed from my long complaints by Christmas last, nor have I had the least symptom to this 10th day of July, 1777. I think myself bound in gratitude to give you my consent to publish this cure, by the Divine goodness effected on me by your Anti-scorbutic Drops.

JOHN GARDNER.

Attested by us:

John Thompson.	} Bailiffs of the Corporation of Southwold, Suffolk.
John Shribb, Surgeon,	
William Mewse, Collector of the Customs,	
J. Robinson, Deal and Timber Merchant,	
John Hurrion, Dissenting Minister,	
William Cowling.	

N. B. The said Mr. *Gardner* is a Joiner and Shopkeeper at *Southwold*, a port town twenty miles south of *Yarmouth*.

July 27, 1777.

As another unquestionable proof, in addition to the many already given, A rheumatic case.
of the real goodness of SPILSBURY'S Anti-scorbutic Drops, *Sarah Rance*,
a servant lately in the family of the Rev. Doctor *Barford*, Prebend of *Can-
terbury*, has done the Proprietor of this excellent Medicine the pleasure of
acquainting him, that she is now cured, by *eight small bottles only*, of a
rheumatic complaint which had, for a year and a half, rendered her scarce
able to dress or undress herself; and has also given him leave to refer those,
who wish for farther information, to her brother, Mr. *John Rance*, Pew-
terer, at No. 27, *Ewer's street, Queen street, Southwark*.

April 2, 1778

Mary Esdale, a young woman who had been for two years reduced to A very ex-
crutches, and twice discharged from *St. Bartholomew's Hospital* as incurable, traordinary
was brought to SPILSBURY'S Dispensary on the 2d of *September, 1776*, in a cure.
coach, she could only go with crutches, had no less than seven ulcers on her
breasts, arms, and hips, and was attended by two eminent physicians, when,
notwithstanding the despondency of her case, (having during the cure above
thirty splinters of bone worked out) by using the Drops till the *May* follow-
ing, she obtained a happy recovery, nothing but the scars remaining, and is
now able to walk with the assistance of a stick, of which any one may more
particularly be informed, by applying to the said *Mary Esdale*, at Mr. *Croft's*
Taylor, No. 2, Paved Alley, in Water Lane, near Blackfriars Bridge, London.

April 2, 1778.

William Turnbull, an apprentice to Mr. *Kitchen, Turner, New George* A pimpled
Street, Christ Church, Surry, who had been sadly afflicted for ten years past face cured.
with a pimpled face, and several large biles spreading over his body, is also
ready to certify, in justice to the Proprietor, the very pleasing cure he has
found in nine small bottles only of the above well-experienced Drops.

S I R,

Mr. *Richard Stock*, gentleman, of *Pilton, Somersetshire*, aged sixty, was A remarka-
violently afflicted, from *July, 1757*, to *February, 1778*, with a painful com- ble case.
plaint in the stomach, attended with vomiting, loathing of food, &c. so that
he could not retain it, for as soon as he had eat or drank any thing, it was
immediately thrown up, accompanied with black foul matter of a tough glu-
tinous consistence; for which complaint, having applied in vain to several
gentlemen of the faculty in the neighbourhood for relief, was advised by a
lady, who lived near, and had experienced amazing benefit by taking SPILS-
BURY'S Drops, to apply for some to Mr. *James Cary*, Bookseller and Vender,
in *Shepton Mallet, Somerset*, and by taking only one Bottle found great benefit,
and by continuing to use them, so far restored him as to recover his appetite,
and a better state of activity than he had experienced for many years, being
naturally of a very corpulent scorbutic habit; and, what is extraordinary,
had been above twenty years troubled with ulcerated legs; the above Drops
reduced them considerably, so that he is able to walk better than he has been
since it's first breaking out, during which time it had cost him upwards of
fifty pounds to no effect,

May 31, 1778.

(Signed) RICHARD STOCK.

Witness, William Orlidge, Richard Stock, jun.

This is to certify to the public, of an extraordinary cure performed by Mr. From the
SPILSBURY'S Drops, on *Sarah*, the daughter of *James and Sarah Williams*, Kentish
aged thirteen, living opposite the sign of *Crispin and Crispina*, in the parish Gazette of
of *Stroud, near Rochester*, in the county of *Kent*. She was afflicted with a Aug. 26th,
terrible 1778.

terrible Leprosy, from the crown of her head to her feet, for seven years, attended with great heat, itching, and running humor in her legs, with blotches as large as the palm of her hands, which scaled off in white scurf, and then came again: she was so bad at one time, that her parents thought they must get the child crutches. After having tried the Doctors in the neighbourhood in vain, Mr SPILSBURY's Drops were recommended, by the taking of which, in fifteen months she was cured, and is now, from a loathsome spectacle, in perfect health.

We who live in the parish of *Stroud* aforesaid, and know both parents and child, do with pleasure assert the same. Given under our hands, this 14th day of August, 1778.

THOMAS HUDSON, JOHN M'COWAN, Church-Wardens.
EDWARD FARTHING, RICHARD WEST, Overseers.
JOHN BOGHURST, THOMAS BOWES, Inhabitants.

Also Mr. *Fisher*, Bookseller, of *Rockefier*, can assert the same, who supplied the parents with the Drops.

October 17, 1778.

Mr. *John Rolfe*, Gent. of *Loose*, near *Maidstone*, in *Kent*, has done the Proprietor the honor to permit his address to be mentioned to the public, as a testimony of the efficacy of the above medicine, in eradicating a Scorbatic Scurfy Complaint by a few bottles only. For further particulars enquire as above, or of Mr. *R. Walker*, Bookseller, in *Maidstone*.

October 27, 1778.

A scald
head cured
in a child.

Mrs. *Beck*, at Mr. *Godso's*, Carpenter, at No 111, in *Bermondsey Street*, *Southwark*, *London*, returns her grateful acknowledgments to Mr. SPILSBURY, Chymist, *Mount Row*, *Westminster Bridge*, *Surry*, for the cure her daughter, *Rebecca Beck*, aged four years six months, has received by the use of fourteen small bottles of his Drops. She was afflicted for two years with an inveterate Scurvy from head to foot, attended with a continual running matter; but more particularly her head, which was crusted all over near half an inch thick with a hard Scab, and smelt very offensive *. For further satisfaction enquire as above.

* To young children with scurfy breakings-out on the head, arms, face and various parts of the body, this medicine is excellently adapted. In such cases, unlike those that strike the humors in, and occasion fits, they never fail of producing the desired success, as numbers of parents can vouch in behalf of their tender offsprings, who have, to their inexpressible satisfaction, happily experienced the truth of these assertions.

Some gene-
ral reason-
ing in be-
half of the
drops.

THESE truly efficacious DROPS, have long been received by the world as the first medicine for the Cure of the *Scurvy*, *Gout*, *Rheumatism*, *Indigestion*, and their concomitant disorders, such as *Ulcers*, *Leprosies*, *Humors* after the Small Pox or Measles, and all kinds of Nervous Complaints whatever. Every thing valuable, either in the *animal*, the *mineral*, or the *vegetable* world, has been from time to time collected to improve their virtue. With how happy a success, the cures they have performed, in a long course of experience, will best demonstrate. The superiority they hold, compared with all other medicines, either in point of *case* or *number*, are incontrovertibly established, their excellency being evidenced by a greater variety of *certificates* than produced by any one besides, and their *operative* qualities such, as to have frequently rendered a single bottle efficient in recent cases, and
always

always sufficient in the most *inveterate* ones to have encouraged a continuance of them. It is this *alone* that can have induced a generous people to permit the Proprietor to advance these Drops to their present price, not less as an acknowledgment of their real value, than as a means of supporting him in the heavy charge of a Dispensary, which has raised him so high in the esteem of the Public, and enabled him to relieve, in the three last years *only*, above a Thousand Patients, under various afflictions.

These Drops are sold in flat square-moulded bottles, at Four Shillings, Seven Shillings, and One Guinea each, sealed with the emblem of Hope, and have the following inscription in a wave, viz. *Fra. Spilbury, Proprietor of the Universal Anti-scorbutic Drops*; and are sealed up in folio bills, with wrappers printed in red, signed *Frs. Spilbury*, (containing an account of a great number of cures, to which the number of bottles is generally added) with the author's candid observations and advice on Diet, the Scurvy, Gout, Rheumatism, Nervous Complaints, &c.

N. B. The usual compliment of One Guinea is expected with letters for advice, unless from the poor, who will be treated with the same indulgence they have hitherto experienced, at the Dispensary, instituted in 1773, by Francis Spilbury, Chymist, at Mount-row, Westminster-bridge, where the Guinea Bottles are only sold.

The Drops are also to be had of the following persons in London:

By Mr. Wilkie, No. 71, St. Paul's Church-yard	Mr. Etherington, No. 25, St. Paul's Church-yard
Mr. Davenhill, No. 30, Cornhill	Mr. Hall, No. 96, Strand
Mr. Rothwell, No. 47, New Bond-street	Messrs. Houghton and Valescure, at the Royal Exchange.

And at the following Places in the Country :

Aberdeen, by <i>Thompson</i>	Exeter, <i>Grig, Trueman, and Score</i>
Alcester, <i>Clark</i>	Falmouth, <i>Fox</i>
Barnstaple, <i>Murch</i>	Froome, <i>Hancock</i>
Bath, <i>Crutwell and Keene</i>	Gainsborough, <i>Dickenson</i>
Birmingham, <i>Swinney</i>	Glasgow, <i>Tait</i>
Birmingham, <i>Pearson</i>	Gloucester, <i>Raikes</i>
Boston and Spilsby, <i>Worley</i>	Guildford, <i>Russell</i>
Braintree, <i>Smithman</i>	Godstone, <i>Greame</i>
Bridgewater, <i>Cass</i>	Gosport, <i>Dawkins</i>
Bristol, <i>Pine, Cocking and Nelson</i>	Gravesend, <i>Dadd</i>
Bury, <i>Rogers</i>	Halifax, <i>Binns</i>
Barton, <i>Harper</i>	Hawkhurst, <i>Hider</i>
Cambridge, <i>Fletcher</i>	Hereford, <i>Pugh</i>
Canterbury, <i>Simmonds and Smith</i>	Hull, <i>Simpson</i>
Carmarthen, <i>Morris</i>	Ingatestone, <i>Sorrel</i>
Chelmsford, <i>Frost and Gray</i>	Ipswich, <i>Shave and Punchard</i>
Chester, <i>Poole</i>	Kidderminster, <i>Taylor</i>
Colchester, <i>Harris</i>	Lancaster, <i>Ashburnham</i>
Coventry, <i>Bird and Piercy</i>	Leominster, <i>Davis</i>
Chichester, <i>Jaques</i>	Lymington, <i>Beeston</i>
Dartford, <i>Sanham</i>	Lincoln, <i>Wood</i>
Durham, <i>Clifton</i>	Lynn, <i>Hollingworth</i>
Dumfries, <i>Wilson and Wylie</i>	Lynn Regis, <i>Canham</i>
Derby, <i>Harrison</i>	Leicester, <i>Gregory</i>
Devizes, <i>Burrough</i>	Leeds, <i>Binns</i>
Doncaster, <i>Plumer</i>	Lewes, <i>Lee</i>
Edinburgh, <i>Elliot</i>	Liverpool, <i>Gore and Williamson</i>
Everham, <i>Davis</i>	Maidstone, <i>Walker and Mercer</i>
	Manchester,

Manchester, *Harrop and Prescot*
 Marlborough, *Harold*
 Malden, *Carter*
 Milton, *Shirley*
 Monmouth, *Rowen*
 Newark, *Allen and Tomlinson*
 Newcastle, *Saint, Slack and Robson*
 Newport, *Isle of Wight, Wise*
 Norwich, *Crouse and Chase*
 Nottingham, *Burbidge and Creswell*
 Northampton, *Lacy*
 Needham, *Abbot*
 Newcastle Under Line, *Smith*
 Oakingham, *Crutwell*
 Oxford, *Jackson*
 Plymouth, *Wallis*
 Peterborough, *Horden*
 Pembroke, *Wilmot*
 Portsmouth, *Breadbower*
 Preston, *Binns*
 Reading, *Carnan*
 Rippon, *Arnold*
 Rochester, *Fisher*
 Rye, *Hogben*
 Salisbury, *Collins and Johnson*
 Sherborn, *Goadby and Moreman*
 Stamford, *Howgrave and Harrot*

Southampton, *Baker and Forā*
 Southwold, *Gardener*
 Shrewsbury, *Wood*
 Shepton Mallet, *Carey*
 Stockport, *Plant*
 Sudbury, *More*
 Taunton, *Anderdon*
 Tenderton, *Hall*
 Tewksbury, *Harward*
 Thetford, *Watson*
 Tiverton, *Parkhouse*
 Tunbridge Wells, *Sprainge*
 Wakefield, *Meggitt*
 Whitehaven, *Ware and Son*
 Winchester, *Wilkes*
 Worcester, *Berrows*
 Woodbridge, *Loader*
 York, *Tesseyman*
 Yarmouth, *Chicheley*
 Dublin, by *James Hoey*
 Kilkenny, *Mrs. Finn*
 Newry, *Stevenson*

And in America at

Antigua, *Meares*
 New York, *Rivington*
 Philadelphia, *Memminger*
 Quebec, *Watts*.

And by most Printers and Booksellers in the capital towns throughout Great Britain and Ireland, and wholesale by the only Proprietor Francis Spilsbury, who gives advice in the morning, and carefully attends to orders that are for the country; and insures them from Accidents.

The ensuing poetical Pieces, sent by anonymous Hands, it is hoped, will not be thought improperly added to the before-going Cases.

To Mr. SPILSBURY, Chymist, at his DISPENSARY, Mount Row, near Westminster Bridge, Surry, Proprietor of the Anti-scorbutic Drops.

BEST be the man, whose mental
 pow'rs impart,
 Health to the body, gladness to the heart;
 Whose friendly hand hath op'd a ready
 door *,
 From complicated ills to free the poor.
 The Scurvy, fell disease! no more appalls!
 Abash'd — dismay'd — the hydra monster
 falls,
 No more to rise: He yields the dubious
 day,
 And with reluctance quits his destin'd
 prey.

* Alluding to the Author's most beneficial Dispensary, established in 1773, and ever since supported at his own and sole Expence.

Pursue the plan, to dire disease a foe —
 Greatly alleviate each human woe.
 Fearless of slander, as a Quack enroll'd,
 Envy shall blush where'er thy Fame is
 told *.

While Facts must show the candid of
 mankind,
 (Whose reasonings are free and uncon-
 fin'd)

That not in Halls, or Colleges alone,
 Th' Æsculapian Art erects her throne:
 The Good Supreme his various blessings
 shows

On moss-grown hamlets and the shep-
 herd's bowers;
 Shews to the villager and rustic hind,
 Of dire effects the latent cause to find;

* Alluding to the most astonishing and best authenticated cures of the Gut, Scurvy, Rheumatism, Evil, Leprosy, Nervous Complaints, &c. &c.

Shews

Shews him what Science oft in vain ex-
plores,
For Nature's God points out her balmy
stores.

C A N D I D U S.

To Mr. SPILSBURY.

MERELY to praise what all man-
kind admire,
Is but a glimmering of the Muse's fire ;
But when with Justice she presumes to
sing,
And arm'd with Truth, she scorns the
Critic's sting ;
Who views the theme where nervous
Diction flows,
The spark celestial in his bosom glows :
The well-wrote page each drooping heart
will raise,
E'en learned Medicus the work must
praise.
Where you with candor speak of Gold-
smith's death,
Who through imprudence yielded up his
breath ;
Scawen's alarming end is likewise trac'd,
The origin and progress rightly plac'd :
The chemic art is treated with such care,
We read with wonder—yet in knowledge
share—
The various powers of Minerals ; we see
Their Æsculapian aid display'd by thee ;
Poison, disarm'd, becomes a sov'reign
good,
And all it's terrors are at length subdu'd :
You, like the Bee, extract relief for all ;
Diseases now, like Dagon, prostrate fall.
A LOVER of true MERIT.
Bath, Oct. 16, 1776.

To Mr. SPILSBURY.

The following lines are inscribed by a
person who has been so happy as to ex-
perience, beyond expectation, the ef-
ficacy of his truly valuable Anti-scor-
butic Drops, in the cure of a nervous
scurbutic Gout.

LET laureat bards in statelier num-
bers sing,
And pension'd Muses hail a fav'rite King ;

Their New-Year Odes in loftier stanzas
raise,
The tinsel'd splendor of a Court to praise.
Mine be the theme fair merit to pursue,
To give to genius and to worth it's due :
Alike to flattery and chicane a foe,
Fain would my numbers pay the debt I
owe

To you, whose salutary art can give
Relief to pain, and bid the wretched live ;
For what is life, when tortur'd with dis-
ease ?
Or what is wealth, when nought can
give us ease ?—
Oh may each circling year new pleasures
bring,
And crown with blessings each returning
spring ;
For rich and poor thy friendly aid receive,
And mortals, sore afflicted, cease to
grieve.

York, Jan. 19, 1777.

G. B.

To Mr. SPILSBURY.

By a LADY.

FREED now from pain, with spirits
light as air,
Returning health, dispelling ev'ry care,
Fresh vigor now the grateful Mind in-
spires,
And Fancy glows with warm poetic fires !
Health ! chiefest blessing of the Good
S preme,
The cordial draught that animates the
theme
To sing his praise—first to whom tri-
bute's due,
And whilst she thanks the donor—thinks
of you !
You, the dispenser—whose effectual
skill
Is the benevolent agent of his will !
His bounteous will to you enjoin'd the
task
To heal the rich—the poor need only
ask
Relief from fell disease, and racking
pain ;
But Oh ! the joy to give—transcends
the bliss they gain !

Taunton, Feb. 15, 1777.

P O S T S C R I P T.

A remarkable CASE submitted to the PUBLIC.

FEBRUARY 19, 1779.

MARY REYNOLDS, spinster, after being turned out of the Hospital as incurable, came to my Dispensary, August 10, 1778, laboring under a most deplorable Scorbutic Leprosy for near three years, on different parts of her body; her left arm and hand were more immediately affected, covered over with a thick scaly crustaceous matter, which (though wrapt up in linen) smelt intolerably offensive, and had deprived her of the use of the joint at the elbow, and also her fingers, which were much swelled, and glued together by the foul humor, so that she was not able to dress or undress herself: Also, by reason of the pain and uneasiness of mind, could not rest either day or night. Such was her case when she applied; in taking the first bottle she found some relief; in a month she recovered the use of her joints; and, by continuing the Drops until the latter end of November, her health was (to the amazement of all who knew her) so perfectly established, as to enable her then to take a cook's place in a creditable family.

FRANCIS SPILSBURY.

WITNESSES to this remarkable CURE,

Mr. C. LONSDALE, Tinman,

Mr. J. GAY, Cheesemonger, in Tyler Street, Carnaby Market,
London.